

Wheel of Wellbeing

Finding Beauty in unexpected Places



Overview of the activity

The places where we live and work play a big role in our happiness.

By pausing to notice the beauty and positivity around us, we can nurture a brighter outlook on life. This activity is perfect for individuals, families, or groups to slow down, look around, and truly appreciate the beauty that surrounds them.

Why do this?

Studies have shown that being more mindful of your surroundings generates positive emotions. Among the other goods things they do for our bodies and minds, positive emotions actually increase our peripheral vision – meaning the more we notice, the happier we become – and the more we can see!

Instructions

Activity one: inside (great indoor group exercise)

Mindfulness is all about focusing your attention on the present moment. Look around the room. Use your phone and take some photos of:

-  Something colourful
-  Someone smiling
-  Something beautiful
-  Something funny
-  Someone wearing something you admire
-  Something interesting that you've just noticed but you didn't see when you first came in
-  Share them with others

Activity two: outside (great for individuals and groups)

-  Walk around your neighbourhood. Try to see things with 'new eyes.'
-  Look for beauty in the unexpected: look out for colours, textures, shapes, reflections in water, shadows. Look down, look up, look along.
-  Get creative and snap away with your phone.
-  Use the images to make a collage, screensaver, postcards whatever.
-  Use your images to remind yourself of the hidden beauty in life.



Wheel of Well-being is owned by South London and Maudsley NHS Foundation Trust (SLaM) and is licensed under a Creative Commons Attribution Non-Commercial Share-Alike 4.0 International License. Information on this license is available at www.creativecommons.org/licenses/by-nc-sa/4.0. Adaptations need to follow brand guidelines available at www.wheelofwellbeing.org/brand and be signed off by SLaM. For permissions beyond the scope of this license contact hello@wheelofwellbeing.org.