

MINDFUL MOMENT: PARTNER OBSERVATION



Theodore Czebotar, *Embrace of Love*, 1960 (detail)

ACTIVITY OVERVIEW

Art invites us to slow down and notice details we might otherwise overlook. In this mindful moment activity, students will practice slowing down, paying close attention, and describing visual details in a work of art with a partner. By focusing on observation and careful listening, students strengthen mindfulness skills such as present-moment awareness, sustained attention, and calm reflection. This exercise helps students notice small details they might otherwise overlook and encourages co-regulation, as partners guide and support one another in a focused, calm activity.

This activity may be used as an introduction to a lesson or to help students calm down after a high-energy activity.

OBJECTIVES

- Build observation skills through close looking
- Practice precise descriptive language
- Strengthen communication and focused listening skills

MATERIALS LIST

- Image of *Embrace of Love* (printed or digital)
- A quiet, comfortable space
- Optional: paper and pencil for reflection or drawing



Learn more about
Theodore Czebotar's
Embrace of Love

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ACTIVITY STEPS

1. Pair students up. Provide a printed image of *Embrace of Love* or project where all students can view it clearly. Invite pairs to sit side by side so both can view the artwork comfortably.
2. Both partners will silently observe the entire artwork for two minutes. Encourage them to notice shapes, lines, textures, and light.
3. Partner A silently selects one section of the artwork. This can be a small detail, a color area, or an object. Partner A describes the section for 3 minutes without pointing, naming, or interpreting. Partner B listens carefully and tries to locate this section based on the description. Remind students to use objective descriptive language, such as “There is a curved line that is thick at the bottom and narrows toward the top,” rather than “This area feels happy.”
4. After Partner B guesses the selected area, switch roles. Partner B now chooses a different section of the artwork and describes it while Partner A locates it.
5. To close the mindful moment, consider an optional group reflection using the questions below.

REFLECT AND CONNECT

- Did describing the section slowly change the way you looked at the art?
- What did you notice that you might not have seen before?
- How did listening mindfully affect your sense of calm or focus?
- How could you use the skills from this exercise in other areas of your day?



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