

'If you change the way you look at things, the things you look at can change.'

What are these slides going to be all about?

# What are we learning about?

This lesson is really about you thinking.

By the end of this lesson, I would like you to be able to think in a special way; a way that you might not have thought of before.

Are you ready for some major philosophical thinking?

Of course you are, let's begin.

Take time to really look

Have a look at the next 3 slides with photographs on.

Then, answer the questions that follow.









# Questions

Look at each photo and write down the first thing that you see on each one.

Next, write down which fruit you see most of in each picture.

Does one picture seem different to the others?

Does one picture look as if there is only one fruit?

## Did you know?

This is the same bowl of fruit. It is my bowl of fruit from home and my daughter, Libby, took the photographs for me. You are just looking at the bowl from different angles but none of the objects in the bowl have moved even though each picture looks different.

Is there any photo that you like best? Think, write down or talk to someone in your home about why you think that you like one more than the others. What do you like about it?



This bowl of fruit is like life and like  
relationships.

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How is that possible?

The bowl of fruit represents situations in life.

How can things in life be like looking at a bowl of fruit?

Read the following slide and see what you think.

# Just imagine

Sammy is 10 and is bored during the corona virus lock down. She has always enjoyed playing with her friends at school, especially Fran and Rose. However, during lock down she has not been able to actually see them face to face but has been communicating with them through facetime and messages.

Sammy has loved keeping in contact with them and feels really worried and left out if she doesn't get to do this.

One morning, her ipad pings and she sees that she has a message from Fran, which says.....

## Continued

'Can't chat with you today.'

Sammy reads the message. She instantly feels like she is being rejected. She imagines the worst and runs down stairs to tell her mum that Fran doesn't want to be her friend any more.

But at the same time....

Rose also gets the same message, 'I can't chat with you today.'

However, she thinks something different to Sammy.

# What do you think?

Fran runs down stairs and tells her mum about the message but her story is completely different to the one that Sammy told her mum. However, they both got identical messages, how can that be? What different story about the message could Fran tell her mum?

## Quick task

Think about what Fran could tell her mum after reading the message that is very different to the one that Rose told her mum. Tell someone or write it down.

# What actually happened

Fran told her mum about the message that she had received but told her mum that she thought that Sammy must be really busy or have a worry and that she hoped that she was OK.

She also said that she thought that Sammy must be really good friend to let her know that she was unable to chat that day. She messaged her back a really positive message that read, 'I hope that you are OK.'

# Result

We don't really know what was going on in Sammy's life, or what happened that day. However, she was really happy to receive a happy, positive message from her friend Fran. We do know that their friendship was better for words of support.



# Now have a think

Really think about this. Has there been a time in your life when you have worried or reacted to a comment that a friend made because you thought that they were sending you a negative message and you later found out that they did not mean anything bad at all?

That happens to me most days!

# This is the end and also the beginning

## Learning outcome

We are constantly learning in life. It is a beautiful journey where we are constantly bombarded by lessons if we take time to listen and think in a meaningful and positive way.

So, the next time someone says something that makes you feel upset or worried, think could there be something else that they are trying to say? Or, have they got other stuff going on that has made them react in a certain way?

