



## Mimi – mind changer

# Finding your touchstone

This mind changer activity is designed to practice an open-minded approach towards other people and their way of living. It is about acknowledging diversity in our everyday lives. It supports individuals in becoming more reflective in terms of their perception/observation and interpretation/judgement and being able to differentiate between the two.

### Step 01

#### Prepare

Think about the difference in perception/ observation and interpretation/ judgement. Take some notes and explain in Step 02 to your learners.

### Step 02

#### Implement

Ask learners to come up with examples that demonstrate this difference.

### Step 03

#### Develop

Present and discuss examples in class.

### Step 04

#### Follow-up

Reflect on the exercise: why do we sometimes judge other people so quickly? What is the value of adopting an open mind-set?

### Recommendations, Tips & Hints

Perception is very individual and subjective. Make sure that learners understand the difference between the two concepts.

### Classroom resources

Flipchart/whiteboard  
Pens

### Duration

60 minutes



## Finding your touchstone

Picture this:

You are living in a very busy city and naturally, you encounter many people every day. Some of them have a cultural background different from yours. Be it in terms of their language, their clothing style or the way they interact with other people. Now, think about your internal cultural parameters on grounds of which you realise that those people identify with a culture different from yours. This exercise allows you to realise how you perceive the world around you. Your task is to solely observe and identify what you notice. For your inspiration, look into the story below.



### About the tool

This exercise can help you to better differentiate between things you perceive and how you interpret them.

### Food for thoughts

You observe something (e.g. behaviour of work colleague) and you interpret it on grounds of your experiences. How do your colleagues interpret the same observation? Exchange your opinions.

### Key words

Acknowledging diversity, practicing empathy.

Read this:

<https://courses.lumenlearning.com/boundless-psychology/chapter/introduction-to-perception/>