

# WHAT DO YOU SEE?

Making mind pictures is called **visualizing**. When you are picturing something in your mind ask yourself what you see, hear, smell, taste, and feel. Let these senses guide you as you form a picture in your mind.



**CREATE** a picture of your first day at school. Draw what you see in your mind's eye.



**PRESENT** your picture to a partner. Take turns sharing your pictures. Explain how you decided what to draw. Point out details that suggest one of the senses.



**RESPOND** to your classmate's picture. Describe what you think is happening. Explain what you see, hear, smell, taste and/or feel in the picture. Compare the picture with your own experience of the same activity. Suggest other details that you remember.



**CONNECT** this activity with your experience going from your classroom to the library or office. Did you have a picture in your mind of the way to get there? Can you think of other times when visualizing helped you solve a problem or understand something?