



# Close Your Eyes

Communication/Coping

## Objectives

- Seeing the 'big picture'
- Getting over the details.

Supplies: paper and pencil for each person

Instructions:

1. Distribute a pencil and piece of paper to each person.
2. Place the pencil in your writing hand and the paper in front of you.
3. Now, please close your eyes. Completely. Do not open again until I instruct you to do so. Use blindfolds if participants are willing.
4. You are going to draw a picture and I will tell you what to include.
5. Use the list below and have participants draw each item in the order presented. Allow enough time in between items. Remind them to keep their eyes completely closed throughout.
  - Draw the outline of a house
  - Draw a big tree next to the house
  - Draw two windows in the house
  - Draw a nest in the tree
  - Draw a door on the house
  - Draw a sun in the sky
  - Draw a chimney on the house
  - Draw two birds in the nest
  - Draw smoke coming out of the chimney
6. It adds to the fun if you ham it up when you mention each new item. Pretend that you don't realize that you're making everyone go back and forth to different parts of their pictures. You'll have lots of moans and groans as they try to find the right place to add the next item. Remind participants often to keep their eyes closed!
7. After naming all the items on the list, have participants open their eyes to their revealed masterpiece.
8. Ask everyone to share their creation with others.
9. Process the activity with the following analogy: Sometimes it is hard to get our lives right if we can't see the big picture. Just like in our drawing, things were out of place and less than perfect because we couldn't see what we were drawing. But, if we can open our eyes to the situations and happenings around us, we can see our way more clearly and can make the necessary adjustments before our lives get too fragmented or off track. So, open your eyes! See what is happening around you and make the adjustments along the way.

## Facilitator Notes



Notes for Facilitator

- Remind everyone to keep their eyes closed throughout

Reflection:

- How did it feel to have your eyes closed?
- What things in life cause you to feel fragmented?
- What can you do to learn to see the 'big picture'.
- As a leader, how is it important to see the big picture, especially as it relates to others around you?
- What assumptions do we make about others' lives and how they fit into the 'big picture'?
- What or who helps you see the bigger picture?

Adapted from: Harris, A., Olson, B., & Stevenson, A. Building Your Program Quality 20 Minutes at a Time. University of Minnesota Extension. 2014