



ICHK

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Adopt a lens



Blurb

You can change the way you look at the world by adopting a particular lens. Once you have got used to paying attention to something you will find that you start becoming more aware of that idea or issue or concern whenever you look at the world around you.

Timeframe and Practicalities

This is about habit formation. So you need to commit to doing this for some time- a month might be a good commitment initially.

You need some access to a medium that will sensitise you to your lens each day- the internet, a newspaper, a book or a particular place or person could serve as that.

Outcomes

This unit is about experiencing the world a little differently with greater sensitivity to a particular issue or concern. You will decide for yourself- and the end of the unit encourages you to do this, how you then respond to this.

Content

Step one: Decide on a focus.

The aim of this unit is to become more sensitive to a particular issue or concern. You probably have experience of this if you reflect a little. If you injure your leg and walk with a limp for a while you notice other people who limp. If someone you know is pregnant you notice pregnant women more. Your awareness is easy to sensitise to whatever is in your mind. That is what we are going to do consciously.

Some examples or ideas could be:

You could sensitise yourself to a life issue of the moment.

Look at the [World Population Clock](#) every day to sensitise yourself to how the number of people on earth is growing.

Look at the level of CO2 in the atmosphere or one of the other [climate change indicators](#) to increase your awareness of the result of human actions.

Decide to read a [good news story](#) every day to sensitise yourself to the good things happening on earth.

Listen to a new piece of music or look at a new piece of art every day to sensitise yourself to creativity and a fresh artistic perspective.

[Curate a news](#) feeds on a matter of justice or equality to tune yourself to the issues and concerns faced by particular groups of people.

Access a [news site from a particular country](#) every day to look at the world through a different lens for a while.

Read about a particular tree or insect found in the area you live in to sensitize yourself to looking for them.

Create a feed that shares [parkour stories](#) every day and you will start to see the urban environment around you as a space to move through in a different way.

Step two: Decide on a habit.

The lens you choose to adopt will lead to a habit- first thing every morning, or when you get home you will look at a website, or read a book or newspaper or listen to a piece of music as the habitual act of sensitisation.

Beyond that you are not specifically going looking for anything- what should happen over time is that you will naturally start noticing more.

Step three: Do and undergo the habit.

Awareness is the key here. You build the habit into your life and stick to it as carefully as you are able. Set a goal for how long you will aim for- both how long each day and how many days you will aim for. Something like a month as a starting point makes a lot of sense.

Step four: Notice your response.

As you come to the end of your set amount of time would be a good time to think about any way in which it has affected you.

- Have you noticed yourself seeing the world any differently?
- Have you come to value the habit you have built up?
- Do you think any differently about the topic?

Step five: Reflect and act?

Finally- do you want to do anything about this?

- You may want to document what you have noticed- write up your thoughts and feelings, create a social media post, create a journal entry about it.
- Do you want to keep the practice going in some way?
- Does it motivate you to act or consider how you live based on what you have begun to notice?
- Is there something you would like to share or record based on what you have discovered?

Help & Submission

TEACHERS: use this space to tell students how they can get help and how to share work they want to celebrate and highlight.

If you find this helpful or have Flexible Learning suggestions, get in touch:

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