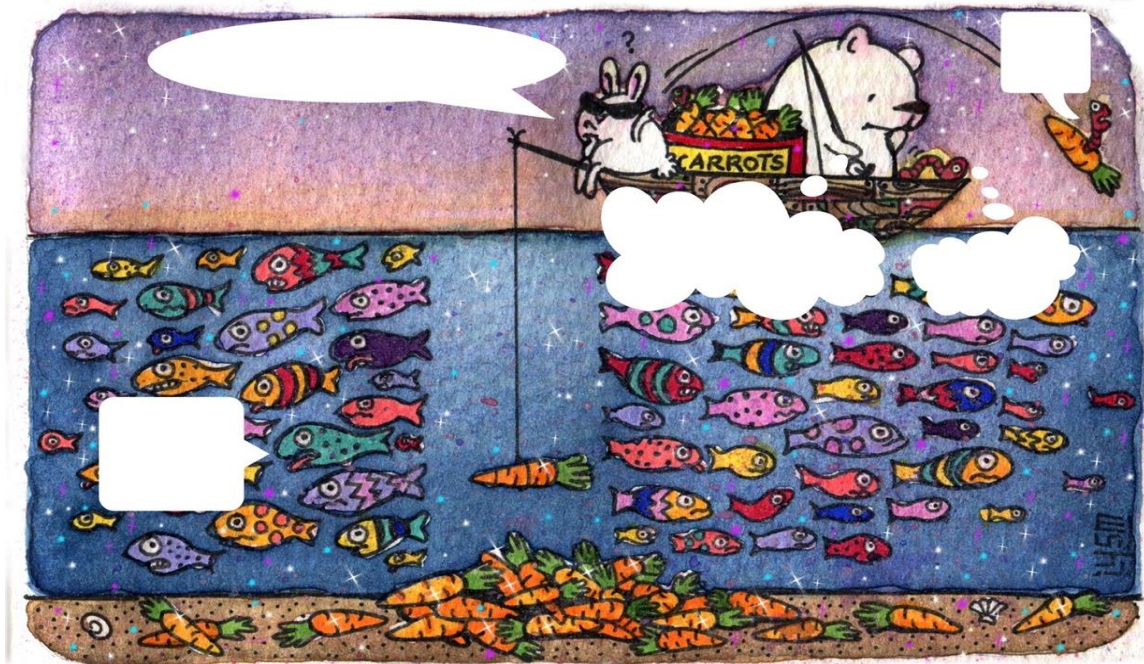


Try a Different Way!

An activity of "Art to Heart"

The scene below is from "Art to Heart" (page 23, *What's Up* March 2021). Read artist Linda Yew's letter to you; study the rich details in her artwork.

1. What do you think the characters are saying or thinking? Fill in the speech/thought bubbles.



2. Suggest how the rabbit may catch its first fish using a different method.

In life, we may sometimes be like that rabbit. We keep trying but nothing seems to work. Could it be that, perhaps, we just need to change something to get a different result? Let's give it a shot.

3. Pick one thing about your life which has remained the same for a long time, but which you feel YOU can do something to make it change for the better. Try the four steps below.

Step 1: Concrete Experience - Describe your experience and how you feel about it.

Example: *My bed is always in a mess and it is so hard to keep it neat and tidy. I really want to keep it tidy but it feels like such a tedious chore.*

Step 2: Reflective Observation - Reflect on what may be contributing to the issue.

Example: *I find it tedious to make my bed because the blanket is really huge and I'm too short to fold it. Also, I have many soft toys on my bed, so it takes time to arrange them nicely.*

Step 3: Creative Thoughts - Think about all possible solutions to solve your problem.

Example: *Maybe I could: 1) get me a smaller blanket; 2) tuck in two corners at the ends of the bed and cover my whole bed with the blanket instead of folding it; 3) reduce the number of soft toys on my bed; 4) ask my friends how they fold their blankets.*

Step 4: Doing - Shortlist the best solution(s) and put them into action!

Example: *I decided to tuck in two corners of the blanket at the ends of the bed and cover my whole bed with my blanket instead of folding it. I'm also leaving just two of my favourite soft toys on my bed and keeping the rest elsewhere.*

Congratulations! You are now on your way to making new changes happen in your life.
Use these four steps whenever you want to do something in a better way.