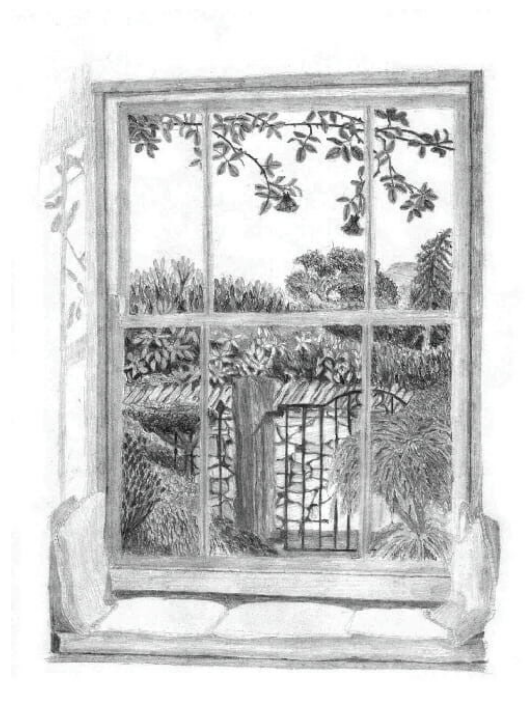
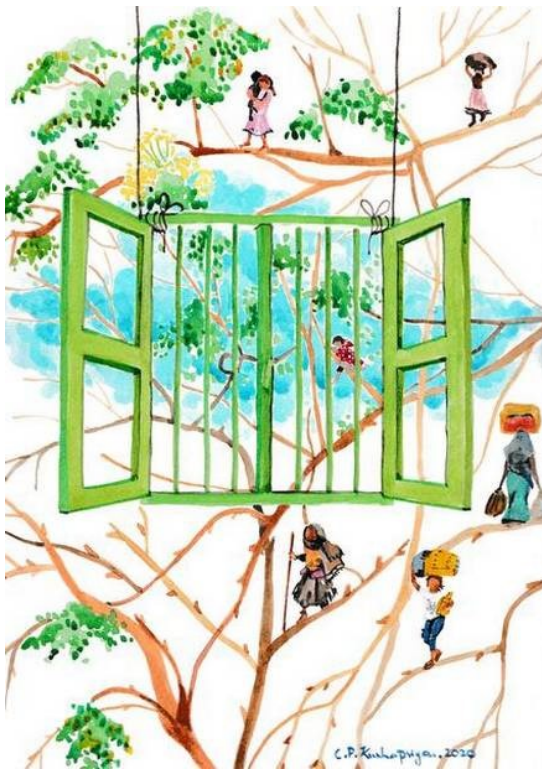


5 ways of wellbeing-Take Notice

The view through the window

Before drawing, discuss the following questions:

- Which window has a good view?
- Where are you going to sit?
- Are you going to draw any of the inside, or just the window frame and outside?



Alternative ideas:

A view through my...

binoculars

Telescope

Sunglasses



OUT MY WINDOW

When you look out your window, what do you see? Draw the view here.

The image shows a large rectangular frame with a thick black border. Inside this frame, there is a smaller rectangle divided into four equal quadrants by a vertical line and a horizontal line. This structure is designed for a child to draw a view from a window in each of the four quadrants.