UNDERSTANDING DIFFERENT POINTS OF VIEW WORKBOOK

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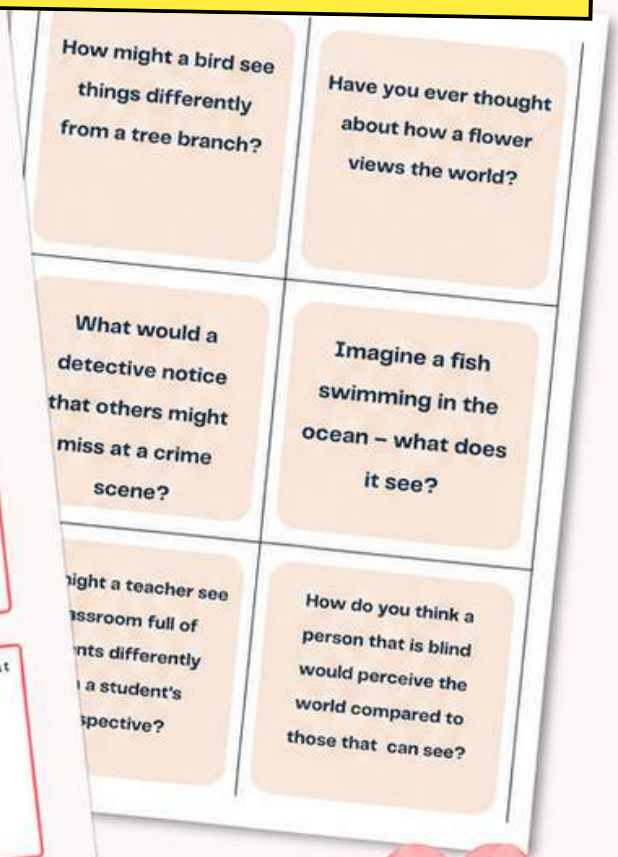

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DIFFERENT POINTS OF VIEW

"Embrace the richness of life by viewing it through the kaleidoscope of diverse perspectives."

Imagine a slice of delectable, fluffy cake in front of you. Now, think about the various layers that make up that slice – the moist cake base, the creamy frosting, and perhaps some sprinkles or fruit as embellishments. Each layer adds a unique flavor and texture to the overall piece of cake, making it a delicious treat for both the eyes and the taste buds.

Now, let's look at this slice of cake from a different angle – a perspective that goes beyond just its appearance and taste. Let's consider the effort and artistry that went into creating this slice of cake: the precise measurements and mixing of ingredients, the careful baking and decorating process, and the attention to detail that makes it visually appealing.

In the same way, perspective taking involves looking at things from a different point of view, beyond our own personal experience and biases. Just as a slice of cake can be appreciated from multiple angles, so too can different situations and people be understood when we take the time to see things from their perspective.

For example, imagine a scenario where two people have a disagreement. Each person might feel strongly about their own point of view, but by practicing perspective taking, they can start to understand where the other person is coming from. Just like appreciating the different layers of a slice of cake, considering the other person's thoughts and feelings can lead to empathy and better communication

POINTS OF VIEW

A PERSPECTIVE TAKING TASK

Imagine a luscious slice of chocolate cake sitting in front of you. If you were to view it from above, you may notice the smooth, glossy frosting and perhaps the sprinkling of powdered sugar on top.

Looking at it from the side, you might observe the layers of moist cake and creamy filling, appreciating the intricate structure of the dessert.

When viewing the cake from below, you could focus on the intricate details of the cake stand it rests on, or marvel at the way light filters through the layers.

Each perspective offers a unique glimpse into the cake's beauty and craftsmanship. From one angle, the cake may appear simple and elegant, while from another, it may seem complex and multi-faceted.

POINTS OF VIEW

A PERSPECTIVE TAKING TASK

Imagine you are looking at the cake from the top - a bird's eye point of view. Explain what you would see.

Imagine you are looking at the cake from the side. Explain what you would see.

Imagine you are looking at the cake from the bottom. Explain what you would see.

How does a firefighter view a burning building versus a passerby?

What would a squirrel think about the park from its point of view?

Can you imagine how an ant feels navigating through the grass?

What does the world look like from the top of a mountain?

Imagine you had been shrunk down to the size of a Lego man, do you think you would see things differently?

If you were born with no legs, how do you think your point of view of the world would be different to those with legs?

How might a bird see things differently from a tree branch?	Have you ever thought about how a flower views the world?
What would a detective notice that others might miss at a crime scene?	Imagine a fish swimming in the ocean – what does it see?
How might a teacher see a classroom full of students differently from a student's perspective?	How do you think a person that is blind would perceive the world compared to those that can see?

Think about how a professional athlete views a championship game versus a fan in the stands.	How would a scientist investigate a mystery using a microscope?
Can you picture life from the perspective of a butterfly?	What might a chef notice that others overlook in the kitchen?
How does a spider see the world as it creates a web?	Imagine being in outer space and looking back at Earth – what do you notice?

Consider how a character in a story sees the world around them.	How might a baby see the world differently from an adult?
How would a magician view a magic trick being performed?	Consider how a bee interacts with flowers in a garden.
How does a lifeguard monitor swimmers at the pool or beach?	Imagine seeing a rainbow from the perspective of a cloud.

Consider the viewpoint of a pilot flying high above the clouds.	Imagine roller coasters from the eyes of an amusement park worker.
Imagine growing up in a country where there is constant war happening around them; how might their perspective of the world be different from yours?	Imagine living in a country where you have no access to clean food and water; how would their perspective of the world be different from yours?
Imagine starting at a new school, how do you think this person would feel?	What does a tidal wave look like from the viewpoint of a surfer in the water?

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Understanding Different Points of View Workbook

Understanding Different Points of View Workbook is a printable perspective taking activity for children and younger teenagers, using a slice of chocolate cake to show how the same thing can look different depending on where you are standing. The pages introduce the idea through a short explanation, then move into a writing task where the child describes the cake from above, from the side and from below.

It is likely to be useful for social workers, counsellors, teachers, family support workers, parents and carers who are working on empathy, emotional literacy, social skills, communication or conflict resolution. The activity can be used in direct work, classroom discussions, therapy sessions, nurture work or at home as a gentle way to explore how people can have different views of the same situation.

By starting with a neutral object rather than a personal conflict, the workbook can help children practise flexible thinking before applying the skill to friendships, family disagreements or school situations. The visual cake prompt makes the concept easier to understand, especially for children who find abstract conversations about feelings and viewpoints harder to follow.