

**DIALOGUE  
WORKS**

# HomeTalk

thoughtful conversations for families and schools

Let's talk about...

## Perception

*compiled by Jonathan Hannam [www.jonathanhannam.co.uk](http://www.jonathanhannam.co.uk)*



image by geralt, via Pixabay

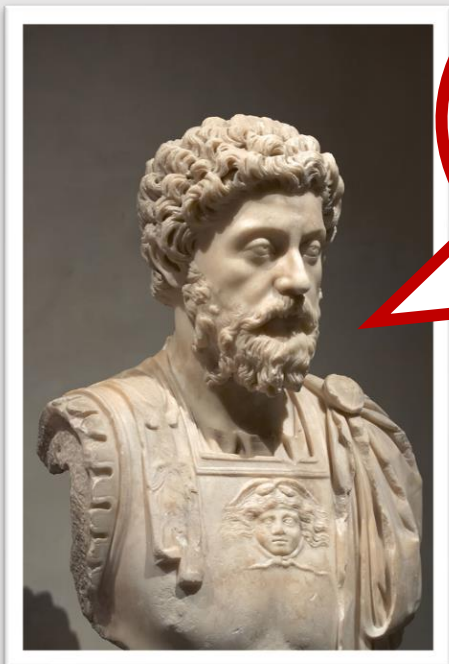
**Note to parents/carers and teachers**

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week message <https://bit.ly/hometalk-sign-up>

# Quotes about perception



**Marcus Aurelius**  
Roman emperor and philosopher

Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.

The difference between a mountain and a molehill is your perspective.



**Al Neuharth**  
businessperson and author

We must not allow other people's limited perceptions to define us.



**Virginia Satir**  
author and therapist

Marcus Aurelius quote from <https://www.flaneurlife.com/perception-quotes/>  
Al Neuharth quote from <https://expatchild.com/quotes-perspective-perception/>  
Virginia Satir quote from [https://www.brainsquote.com/quotes/virginia\\_satir\\_122782](https://www.brainsquote.com/quotes/virginia_satir_122782)  
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# Thinking about perception

## Caring thinking

How can we get better at respecting different viewpoints to enrich our lives?

## Collaborative thinking

What is the best way to help someone explore their 'blind spot' (the things they don't realise about themselves)?



## Creative thinking

What would the world be like if we all saw things the same way? Better in some ways? Worse in some ways?

## Critical thinking

Can you learn more when someone disagrees with you rather than when they agree with you?

Can you remember a situation where you saw things differently to someone else? What happened?

What can you do to avoid misunderstandings when you talk to someone?

Do we spend more time with friends who see the world like we do?



Think **AHEAD**

Think **BACK**

**CONNECT**



**DIVIDE**

**LISTEN/LOOK**

**ZOOM (in/out)**

Why do people remember the same event differently?

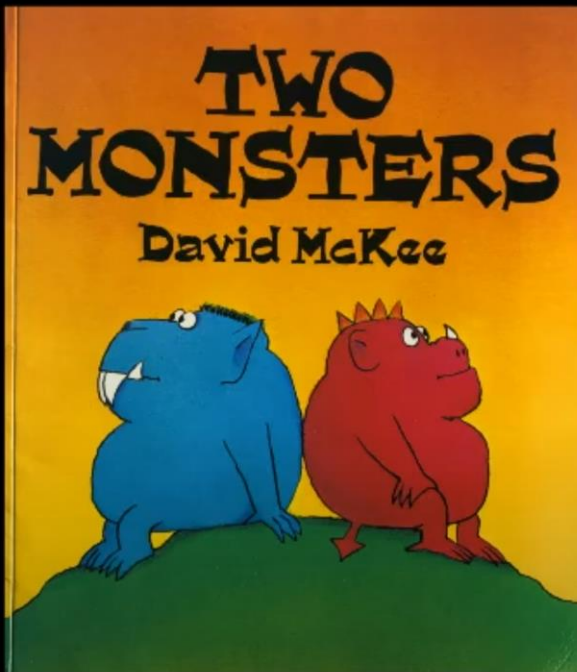
Try representing your goal for the next year in one word. Does this change the way you think about it?

Look at your face closely in the mirror – does anyone else see you like this?

What extra things do you notice when you get closer to an object?

# Discussion suggestions (age 3 - 5)

## Stimulus



[https://youtu.be/K\\_GHdvAwKeM](https://youtu.be/K_GHdvAwKeM)

## Two Monsters by David McKee

In this video two monsters on different sides of a mountain fall out because they see things differently and can't agree.

## Talking Points

- Why did the two monsters get angry?
- How did they see things differently?
- What different words did the monsters use to describe the same thing?
- Do you ever use different words to mean the same thing?

## Activities

- Sit back-to-back with a partner and describe an object that they can't see – can they guess what it is? Then let them have a go at describing something for you to guess.
- How many different things can you find which have more than one name?

# Discussion suggestions (age 6 - 9)

## Stimulus



*Photo by Jeffrey Dungen on [Unsplash](#)*

**Sometimes when we look quickly we can see something that isn't really there.**

## Talking Points

- How do you know you can believe your eyes?
- Have you ever thought you have seen something that wasn't really there?
- Just because something exists does that make it real?
- Can your other senses have different perceptions too?

## Activity

- Try and find some optical illusions. Try to see them from more than one perspective. How do they work?

*Photo by Sachin Khadka on [Unsplash](#)*



# Discussion suggestions (age 10+)

## Stimulus



<https://youtu.be/Kgi-RCEjOLw>

## Zoom by Istvan Banyai

In this video clip of the book, with extra sound effects, you keep getting your perception changed. Are you sure of what you are actually looking at?

## Talking Points

- Which page surprised you the most?
- Could you continue the book?
- Do we sometimes miss details in life, or do we focus on the details too much and miss the big picture? What sort of person are you?

## Activity

### Count Your Blessings

- Our brain is designed to notice threat and danger. Because of this, we can sometimes focus more on bad news, or things that worry us.
- Try keeping a gratitude diary. Every day, write down three good things that have happened, and why they happened. Over time, your perception will change and you will start to notice and appreciate more of the good things in your life.

➤ More about HomeTalk, including previous editions

➤ Parent Talk Moves – tips for great conversations with your children

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# Training opportunities for teachers, support staff and parents

## P4C Plus Foundation course (12hrs)

*Teaching that puts more thinking into learning*

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

## Thinking Moves A – Z course (6hrs)

*Making metacognition simple across the curriculum*

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk) for bookings or more information