

# new to me

WEEKLY PROMPTS THAT HELP US THINK ABOUT RE-FRAMING  
EVERYDAY THINGS AND SEEING THINGS IN NEW WAYS

## PROMPT 5: BIG CHANGE/ LITTLE CHANGE

**T**his week our big idea is being able to stop and notice changes that are taking place. They could be big, like noticing changes related to seasonal growth, or small, like a shift in your shadow. We just need to be present to be able to see and record it.

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### WHAT YOU NEED:

- A camera or anything to document what you are looking at.
- A pen or pencil, just in case you need to write anything down.

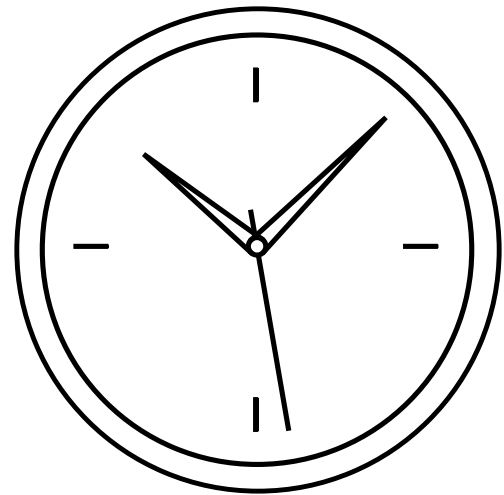
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### TRY IT OUT:

1. Find something or a place you can come back to at different times over a period of time (a couple of hours, a day, a week, or longer).
2. Take or make a picture. Try to write down when you saw it. Some camera phone apps will actually do this for you by recording both when and where you took the photo.
3. Repeat at least two times.  
(More is even better!)

As you are coming back to the thing or place, make notes about any similarities, differences, or changes you start to notice.

Remember, change isn't always big. Sometimes noticing the smaller shifts can reveal bigger discoveries.



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