

What I See Today!

This craft encourages children to pause, notice and reflect on something from their daily routine. This supports early mindfulness and observation, self-expression and creativity, fine motor and visual processing skills.

What you need:

- Paper plate or cardstock
- Crayons or markers
- Child-friendly scissors
- Tape or glue
- Optional: plastic wrap or clear page protector for a "glass" window effect, bits of fabric to make "curtains"



What to do:

1. Either pre-cut out the center of the paper plate or have the children cut out the center of a paper plate to make a simple "window frame." (Adult supervision required.)
2. Ask the children questions like "what do you see during your day that makes you smile" or "what do you see that you find interesting or that you like?" It could be the sun, a friend, toys, the park, family, animals – anything!
3. Let them draw their favourite thing on a small paper circle or square to tape or glue behind the "window frame."
4. Decorate the outside of the frame however they like—with stickers, scribbles, or "curtains" made of paper scraps.
5. Title it "What I Saw Today" or "Looking Out at My Day."

Add a "Routine" twist: After creating their "window," invite children to take a short walk or look outside during different times of the day (morning, afternoon, or evening) and draw what they see each time. They can create a series of drawings to swap in and out of their window frame, turning it into a rotating view of their day.

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