

Snapshot Me!

Mindfulness means more than taking deep breathes or following steps to achieve relaxation. Though these are great practices, oftentimes mindfulness is taking time to be intentional where we previously were not. One way to do this is by using what I call the 'snapshot' method. Adults and older kids almost always have access to their phones. Take a moment during your next meeting to have all participants take out their phones, go through their picture reel, and share a picture and its related story. We gather so many physical and mental images in life, yet we often fail to reflect on their significance – on what they tell us about ourselves and how they make us feel. This is a great way to reflect and reset in the moment, as well as to share our genuine selves with others.

Social Emotional Learning Competency:

- Self-Awareness and Social Awareness

Purpose:

- Learn about leaders and group members.
- Reflect on your own emotions

Materials

- Cell Phone

Success Indicators

- Participants share thoughts with the group, learn something new about each other, and participate in self-reflection.

Recommended Group Size:

- 20; best when split into multiple groups of 2-5.

Est. Time: 5-15 minutes

Recommended Age: 11-Adult

For more information and activity resources visit <https://ohio4-h.org>

Activity Description

1. At the open, close, or at any transition point during your meeting, ask participants to take out their phones.
2. Set a timer and prompt participants to take 20-30 seconds to go through their pictures and select one or two according to a particular topic.
 1. E.g., Find a recent picture that shows something you are thankful for.
 2. E.g., Find a picture of a something that brings you joy.
 3. E.g., Find a picture of a moment that describes you.
3. When the timer goes off, have participants share their photo with the group, along with an explanation of how the image answers the prompt.
4. This can be done one time, or the leader can give multiple prompts to promote further reflection and discussion.
5. At the close of the activity, it is a good idea for the activity leader to share the importance of slowing down to be mindful of how our experiences and other people make us feel, as well as how they teach us about who we are and what matters most to us.

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