

Visual Expedition

A five-minute window-break script · for teachers and group leaders

A short shared moment for the eyes — no props and no preparation. All it takes is a window with a view and five minutes. It works well after longer work with notebooks or screens, between lessons and in after-school care.

1

The farthest point · approx. 1 min

Invite the group to the window. Together, look for the farthest point you can see — a chimney, a tree, a tower. Who can find something even farther?

2

Three distances · approx. 2 min

Each child finds one thing up close (on the windowsill), one at a middle distance (in the yard) and one far away (on the horizon) — and names them out loud.

3

Something drifting · approx. 1 min

Together, pick something that moves slowly — a cloud, a branch in the wind, a bird — and follow it calmly with your eyes, in silence.

4

A minute with the distance · approx. 1 min

To finish, a quiet minute of looking into the distance, with a few slow breaths. Then back to class.

For the leader

A slow pace is a feature here — there is nothing to score. If there is not much to see outside, stepping into the yard works just as well, and so does a slow look down the longest corridor.