

Thriving Through Curiosity Activity

Just like our bodies, our brains need exercise to stay healthy, active, and growing. Keeping our minds sharp involves discovering and learning something new every day. Curiosity is a skill we can nurture and develop over time. With practice, we can turn ordinary tasks into interesting and enjoyable experiences.

This strategy uses all five senses to help us engage curiously with our surroundings. If using one of your senses feels uncomfortable or difficult, it's okay to skip it for now. The goal is to help you notice new things without discomfort. You can stop at any time or use only the parts that feel right for you.



HOW TO GET STARTED:



Choose Your Space

Visit a park, greenspace, museum, or any place that's different from where you usually spend time. If you can't go out, find a window or a spot in your home where you don't usually spend much time.



Get Comfortable

Find a spot to walk, stand, sit, or rest comfortably and safely. We'll be using all our senses to observe the world around us. Your observations can be as detailed or broad as you like. Over time, try to notice more details.



Focus on Your Surroundings

Take a moment to center yourself. Quietly, notice what you observe and use the back of this page to name them.

BENEFITS OF PRACTICING CURIOSITY:

- ✔ **Boosts Problem-Solving and Creativity:** Engaging your senses helps your brain stay agile and improves your ability to think creatively.
- ✔ **Enhances Memory and Focus:** This practice strengthens your concentration and helps improve your memory.
- ✔ **Promotes Positive Feelings:** Completing this activity can give you a sense of achievement and boost your mood.
- ✔ **Increases Life Satisfaction and Optimism:** By noticing more around you, you'll find greater enjoyment in everyday life.
- ✔ **Builds Resilience:** This exercise encourages you to face new challenges with a positive attitude.



BUILDING CONNECTIONS

Invite a friend or neighbor to complete this strategy make it a game and see who can name the most of each or the five senses.



Growing Your Curiosity Muscle

There are many different ways to improve your curiosity of the world around you. Here is an activity to help you deepen your observations.



5 Things You Can See

What colors, patterns, textures, or shapes do you notice? Are things moving or still? What objects are around, and what are they doing?

1.	
2.	
3.	
4.	
5.	



4 Things You Can Feel

Is it warm or cold? Can you feel the air moving on your skin? Notice the textures you can touch. Are your clothes soft or rough? What do your feet feel? What about your scalp or knees?

1.	
2.	
3.	
4.	



3 Things You Can Hear

Listen carefully—what do you hear? Is it quiet or loud? Are there natural or mechanical sounds? Can you hear your breath or heartbeat? Do the sounds have a pattern?

1.	
2.	
3.	



2 Things You Can Smell

What scents do you notice? Are they strong or faint? If you're outside, can you smell flowers or trees? Can you smell soap on your hands or the scent of your clothes?

1.	
2.	



1 Thing You Can Taste

Can you taste anything? If not, take a sip of a drink or a bite of food. How many words can you use to describe the taste?

1.	
----	--

To learn more about the mental health, addiction or community support services available to you, contact **211 Manitoba** by phone at **211** or visit their website at **www.mb.211.ca** for confidential service 24/7.

