



## Observation Exercise: Object Fascination

One of the best ways to practice observation is to focus on one object. Pick one object near you and look at it. Don't look at it as one-dimensional but take the time to really look at it from different angles and points of view.

For instance, if you are looking at a chair, take notice of the different characteristics like height, weight, color, design, and shape. Make use of your senses as well; if your object makes sound or can be eaten, use your hearing and taste, and even touch as you are analyzing your object.

**Make a list of your observations on the line spaces below.**

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