



MENU

Entree

Go about your home or workplace and collect a range of small and useful objects, this could be:

- a plug
- spoon
- matches
- toilet paper
- a candle
- stapler
- cotton buds

It's up to your keen awareness to spot objects that usually recede into the background – they might be useful, elegant or smart design.

You will need enough objects to rotate 3 courses / servings of objects.

Ask guests to take a seat at the table and write a list of the home life objects they are thankful for.

You might need to help prompt the process with a few examples like:

- How valuable is your bed to a good night's sleep? Does it have a domino effect, such as relaxing helps you function better at work?
- What would it be like if your washing machine didn't work or you couldn't find a plug?
- How much do you like a warm cup of drink, a nourishing dinner, clean smelling clothes, etc



Main

Ask guests to place a blind fold over their eyes.

Explain how we live in an ocular centric / visually oriented culture. Seeing presides over most of our senses, even though all our senses are involved in helping us navigate and stitch together our experiences.

Isolating our sight lets our other sense come through, it sharpens our awareness to other qualities such as texture, form, pressure, temperature, weight, sound and scent. We explored this earlier in the [sensory activity](#).

Pass around the first course – one object per guest

- Ask guests to work in pairs and share mental notes. Let them know they will write them down as tasting notes when the course has been collected.
- Ask the guest to identify the object (if they can)

Remember to write down textural and sensory associations

Notice any memories of associations that come up. They can be rational but equally so might be tangential.

Ask guests share a story linked to the object, it doesn't have to involve the object – it can be associated with it.



Dessert

Collect the first course taking care not to let the guests see the objects (you will reveal them all as a collection at the end).

Ask guests to write down their tasting notes.

Repeat the same process for another two courses. You will probably need to switch objects around.

At the completion of the feast arrange the objects with even spacing on a separate surface – they will naturally assume a taxonomic feel.

Discuss the experience with others, looking for links to magnify the appreciation of everyday things. Focus on the sensations and memories that arise in blind folded conditions.