

Guidelines for Spiritual Reflection with Landscape Images

Invite children to select an image of a painting, drawing, or photograph. You can preprint several images from museum or other art collection sites or provide children with a list of curated sites you have previewed so they can find their own image.

Ask “What do you see in the image?” Encourage them to say or write down not only an object that they see, but also what that object reminds them of or how they feel about the object.

Ask “What do you hear in this image?” If children seem confused by the idea of hearing an image, invite them to put themselves somewhere inside the picture and imagine what they might hear in that space.

Ask “What can you touch?” and “What is touching you?” Encourage children to imagine touching and being touched by things in the image.

Ask “What can you smell?” and then follow up with **“Does that smell lead you to taste something?”** Invite them to tell stories about the tastes prompted by what they smell.

Resist the temptation to tell them what they *should* be sensing. If one sense doesn't evoke much of a response, reassure them that their other senses will compensate.