

PRACTICE CULTIVATING AWE!



THIS WEEK'S NOOK
ACTIVITY IS HERE!

Pick up a printed copy of our
step-by-step guide outside of the OHP or swipe
through our IG/FB story to learn more!

WHY PRACTICE AWE?

Awe is the feeling we get in the presence of **something vast that challenges our understanding of the world**, like staring at the stars in the night sky or hearing a moving speech. While we normally think of experiencing awe in grand, sweeping moments, we can learn to **find awe in our everyday life!**



Cultivating awe has endless benefits:

- Brings out positive emotions in us
- Builds happiness and satisfaction
- Encourages curiosity and creativity
- Prompts generosity
- Helps us gain perspective

Sources:

Awe definition: What is awe. Greater Good Science Center. (n.d.). Retrieved September 28, 2021, from <https://greatergood.berkeley.edu/topic/awe/definition#why-practice-awe>.



SCAVENGER HUNT GUIDE

CAN YOU FIND:

- ★ something special you've never noticed
 - in your dorm?
 - on campus?
 - in nature?
 - in a classroom?

- ★ something with mesmerizing colors

- ★ something that makes you feel
 - joy?
 - safety?
 - excitement?
 - curiosity?

- ★ something that holds a positive memory

- ★ something that reminds you of your favorite place

- ★ something that pleases your senses
 - taste?
 - touch?
 - smell?
 - sight?
 - sounds?

Share Your Awe Image!
Tag us @carletonSWAs on IG or FB with
your "awe image" based on the list
above and you could be featured on
our IG/FB pages!



HEALTH PROMOTION

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Carleton SWAs



Carleton College
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