PRACTICE CULTIVATING AWE!

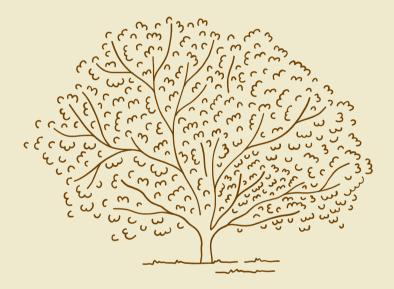


THIS WEEK'S NOOK ACTIVITY IS HERE!

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?
- o in a classroom?



🜟 something with mesmerizing colors



something that makes you feel

joy?

- o safety?
- o excitement?
- o curiosity?



* something that holds a positive memory



* something that reminds you of your favorite place



something that pleases your senses

- o taste?
- o touch?
- o smell?
- o sight?
- o sounds?

our IG/FB pages!



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