

Here's a fun little experiment that can be tied in quite nicely with a lesson on awareness. Print up the sheet   allow one card for each person. At your meeting pass them out, face down. At a signal everyone turns the page over and begins at the same time. Each person should work alone—give them 30 seconds. (Try it yourself before you read the answer below.)

Most people will count three. Others will see four or five. Only a few will count all six F's that are in the box. After the 30 seconds are up, ask the group how many F's they counted, and you will get a variety of answers. Those who counted only three, four, or five will be quite surprised when you tell them the answer. But after they find all six F's, they will feel rather silly that they didn't see them in the first place. Most people tend to overlook the word *of* when they are counting. This is because they are looking only at the bigger words.

This test is often given to people in driving classes to demonstrate how we often fail to see motorcycles on the road because they are so small, and because we aren't looking for them. After they are pointed out, they become obvious. This lesson can also be applied to people. We often miss the good qualities in other people because we aren't looking for them. We tend to look instead for the things that we want to see—the bad things. This is to make ourselves look good by comparison.

Follow up on this idea with an exercise in which youths look for the good in each other, and affirm each other's gifts and abilities. It's amazing how when these things are pointed out, they then become more obvious. It also does a lot for everyone's self-esteem.