

## Activity 1

### Just Look Up

1. It has been said that the eyes are the windows on the soul. Do you believe it?

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2. What do you think the people are doing? Why are they looking up?



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3. Why do you think people have a tendency to look up when they are thinking or remembering something while talking?

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4. Can you identify specific moments or actions when we swift our gaze to a certain point (up/down/ left and right)?

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5. What do you think the people are doing? Why are they looking down?



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6. What other things or situations in life may make you look down?

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7. What do you think causes the 'looking at nothing' behaviour?

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8. The famous artist Paul Gauguin described his necessity of disengaging from outside reality to enhance his imagination and creativity in his famous quote '*I shut my eyes in order to see.*' What do you think? Have you ever felt that need?

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