

# The power of a sense of wonder

**sense** /sens/

a feeling that something is the case

**won·der** /wəndər/

a feeling of surprise mingled with admiration, caused by something beautiful, unexpected, unfamiliar, or inexplicable



**RELATED ESSENTIAL SKILLS:**  
Flexibility, Resilience, Resourcefulness, Inspiration

**VIDEO:**  
Develop your Sense of Wonder

<http://tiny.cc/senseofwonder>



## Try it:

As you work through your project guide, think about how you can become more innovative by looking at things with a sense of wonder.

### BEFORE YOU BEGIN:

- Think about a time where you were stunned by something amazing, beautiful, or new.
- What was it and why did it create a sense of wonder in you?
- What is something that is really amazing (wondrous) that you used to think was amazing but now you pass it by without giving it much thought?
- If someone from the 1800's came to your house what would they be most dazzled, amazed, or have the most wonder over?

### WHILE YOU WORK:

- What parts of your project deserve you to slow down, pause and give some wonder to?
- Think about how a kindergartener would view your project, problems, and what they would think is really cool.
- Look for intriguing parts, purposes, and complexities of your project or task that you are working on.
- Keep trying to pause while you work and look at your problem with new and fresh eyes.

### WHEN YOU ARE DONE:

- How did looking at your task, project, or problem with more of a "sense of wonder" possibly change your direction or give you a new solution to a problem?
- Reflect on this: What other part of your life can you slow down in to "smell the roses", to look at problems differently, or to just have more wonder in?

### IT'S A FACT.

Studies have shown that when we fully immerse ourselves in joyous doing—as opposed to anxious mulling—we can become more creative.

Peter Himmelman.  
"How Thinking Like a Kid Can Spur Creativity" 16, Oct. 2016

<https://time.com/4529444/how-thinking-like-a-kid-can-spur-creativity/>

## Extend It:

Need more