



Powers of Steps Activity!

Name: _____

Date: _____

Materials:

- A buddy (Partner with someone from your table! One person will be the Participant and the other will be the Recorder).
- A baseball cap
- A clipboard or flat surface
- Pencil and this Powers of Steps worksheet
- An image to observe (ex. photographic image of a single subject. ex: an animal, a tractor etc).
- A safe space to step back 5–7 steps

↑ Image: iStock



Part 1: Preparation & Observation Setup

1. **Choose an object:** Something nearby that you can safely observe. This can be an image you tape to the wall.
2. **Clear an area** behind the Participant so they can safely step back when prompted,
3. **“Step Back”** and reporting what the Recorder sees will be “zooming out” from the image.
4. **Provide** a safe and lighted area with no traffic.
5. **Buddy System** (a Participant and an Recorder) will be used.

Recorder:

The Recorder will take notes on what the Participant sees.

1. Powers of Steps Activity Observation Sheet

2. Pen or pencil and a clipboard to help record what the Participant reports to the Recorder.

Participant:

1. You have a couple of options to help you focus on a part of the image and your surroundings:
 - a. **Put your hands around your eyes** like binoculars to focus your sight. This works great if you wear glasses. It will seem like you are looking through a tunnel OR
 - b. **Put on a baseball cap** and then put your hands on each side of your face so that it seems you are looking through a tunnel.
 - c. **Stand close to the image you will be viewing** (Power of 0 steps): Record what you see.
 - d. When prompted by the Recorder, **report** what you see.

Part 2: Procedure - Step Back Together (Powers of Stepping Back)

1. The Participant stands as close to the image as possible and reports the Recorder what they see. This is their “field of view.” The Recorder records the information on the *Observation Sheet*.

The Recorder records the Participant’s information such as a list of what the Participant saw or a quick drawing of what they see can record the information.

For the first row in the Sheet, the ↑ or ↓ information should be a “0” because no steps were taken closer or farther away from the image.

2. The Recorder prompts the Participant to **“move 1 step back.”**

The Participant keeps their cap (if used) on and the hands on their face.

The Recorder prompts, **“Carefully move back three steps and report what you see regarding the image and anything else in the room that they may see without moving your head or your hands.”**

The Recorder records the Participant’s information and asks the question: What size does it look like now? (Smaller or Larger?)



3. The Recorder follows Step 2 but prompts the Participant, **“Move 3 more steps back.”**
4. The Observer records the information from the Participant.

Repeat the procedure and prompts the Participant, **“Move 3 more steps back”**

5. After recording the last report for the Observation Sheet, the Recorder gives the prompt, **“Keep your hands on your face and slowly step toward the image. Are there any changes in your field of view?”**
6. Work with your buddy to Complete the Buddy Reflection on the *Observation Sheet*.
7. Switch roles after you reach your final step if the teacher says to.

Each step back = one “Powers of Steps”

Record your observations on the *Observation Sheet*

