



# Experiment: can we experience without bias?

*Materials needed: one raisin for each child (or an alternative sweet suitable for all—vegan works well in terms of allergies and dietary requirements).*

Suppose you are a Martian and you come to Earth. You understand little about the planet and you want to discover everything on earth. What should you do? You know nothing yet. All you can do is use your senses, and that's what we are going to do.

Can we try to experience without our own interpretation, likes, and dislikes? Without bias? With 'open' glasses?

## **Instruction**

You will all close your eyes in a moment and hold out an open hand. That's where I'll put an object. We're going to find out what it is. But we do that in a certain order. I tell you what to do. Don't do anything if I don't tell you, otherwise the fun is gone.

Close your eyes

*Distribute raisins*

Feel first:

Do you feel something on your hand? Some heaviness maybe?

Grab the object between thumb and forefinger: feel the shape, elasticity, etc.

Then smell it:

Bring it to your nose, what smell do you notice?

Then try to listen:

Bring to your ear and roll the object, what do you hear?

Then look:

Open your eyes and look at the object: look at the colour, variation in colour, the shine, etc.

Now taste:

Put it in your mouth, but do not bite, first taste the outside, then the inside.

## **Discussion:**

The moment you know it's a raisin, something happens, you're suddenly no longer a Martian. You lose your curiosity. The discovery suddenly stops.

Can we experience without bias, without our interpretation?