



CLASS 9 | ATTENTION! ATTENTION!

Worksheets

Think Walk. This activity helps participants build sustained attention through the practice of mindfulness. Have participants take a five-minute walk, either around the block, in a local park, or through the building (if going outside is not possible). While walking, instruct participants to focus on their surroundings—taking note of details like the cracks in the sidewalk, the color of the houses, or the light bulb in the ceiling that isn't working. At the end of the walk, ask participants to write down five things they never noticed before or may not have noticed had they not been paying attention. Use the "Think Walk" worksheet for them to record their observations. If time allows, have them share their observations with the group.

Resources

- [The Stroop Test](#): This is a classic test of attention. In this exercise participants will be shown the name of a color, for instance **RED**, but the color of the text may not always match the word, for instance **GREEN**. The object of the test is to select from a list the correct color of the text-- try not to be distracted when the word and the color of the text do not match. The Stroop Test can also be found in printable versions you can share with your class (you will need a color printer).
- [Story Corps](#): This website is a compilation of stories told by ordinary people. It is a great resource for the story listening exercise.
- [This American Life](#): This website offers a large variety of short podcasts you can play for your class as part of the story listening exercise.
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Additional Materials

- [Where's Waldo? By Martin Hanford](#): A classic book that requires attention to detail, challenging readers to find the little character Waldo in a large, busy illustration.
- [I Spy Gold Challenger: A Book of Picture Riddles, By Jean Marzollo](#) : Another well-known series of books, the *I Spy* series is a great place to practice attention. It is a picture search book.
- [Simon](#). This classic electronic game requires us to stay focused and remember the pattern of lights and sound to do well.
- [Zip It](#). This dice-based verbal game is fast, fun and a quick way to engage in verbal-based attentional play.
- [Spot It](#). This simple card game offers an easy way to engage your group in visual attention and identification.
- [Set: The Family Game of Visual Perception, By Marsha Falco](#) : This game is designed to test one's ability to pay attention to details on cards and find sets of three based on the symbols displayed.