



## CLASS 9 | ATTENTION! ATTENTION! WORKSHEET

### TBH Think Walk

**DIRECTIONS:** We often go through life without noticing our surroundings. One of the ways we can build our focus by working on bringing our attention back to the details of the world around us. For this exercise, go for a 5-minute walk in your neighborhood, a local park, or even around your residence. Focus your attention on your surroundings; Noises that you may hear, smells that you encounter, and other things you may not have noticed before. When you return, use this worksheet to record five things you noticed on your Think Walk, perhaps for the first time.

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