

## STAY FOCUSED

# Paying attention pays off!

**Materials:** Worksheets, variety of buttons, before/after templates, pencils, markers

**Directions:** Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

When a loved one dies, it can be difficult to concentrate with all the different feelings we experience. By sharpening our focus, we strengthen our ability to get through each and every day.

In today's activity, we're going to learn skills to help us relax our bodies, and heighten our focus and attention. Let's start with the first exercise.

## EXERCISE ONE

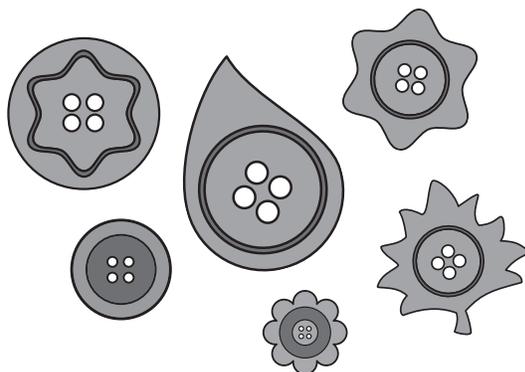
- 1 Take a button from the table, find a chair and sit down.
- 2 Place the button beneath your legs.
- 3 Close your eyes. Take a deep breath in through your nose and slowly count 1... 2... 3... 4...
- 4 Then, slowly exhale through your mouth as you count 1... 2... 3... 4...
- 5 Open your eyes. On the left side of the template under "Before," draw a picture of your button from memory. When you're finished drawing, wait for further directions.

## EXERCISE TWO

- 1 Pick up the button from beneath your legs. Focus on it silently and ask yourself the following questions: What does it look like? What color is it? Are there designs on it?
- 2 Once again, place your button beneath your legs.
- 3 Close your eyes. Take a deep breath in through your nose and slowly exhale through your mouth as I count 1... 2... 3... 4...
- 4 Focus your mind on the button you've just studied.
- 5 Open your eyes. On the right side of the template under "After," draw a picture of your button from memory.
- 6 Pick up your button and place it in the center circle of the template. How does the button compare to your two drawings of it?

## Discussion questions

- ▶ What are the differences between the two drawings?
- ▶ After you focused and studied the button, what details were you able to add to the drawing?
- ▶ Did breathing to relax help you focus on the button's details?
- ▶ How can you use this activity when you're grieving and struggling to focus?



The diagram consists of a central circle. To the left of the circle, there are two large rectangular boxes stacked vertically. The top box is labeled 'AFTER' and the bottom box is labeled 'BEFORE'. The labels are written in white, uppercase letters on a black background. The boxes and the circle are connected by thin black lines, forming a continuous path around the central circle.