

Attentiveness for the Family

Concentrating on the person or task before me

To practice Attentiveness, I will:

- make eye contact.
- ask questions when I do not understand.
- set the intention to listen.
- not make it about me.
- tune out distractions.



Family Activity:

The Focus Game



Start this game by asking the family if they are breathing. Immediately they will think about their breathing. Some may even look at their chest or focus on the air going in and out of their mouth. Point out that they had been breathing all day without thinking about it but when it was mentioned, it got their attention. Now have them look for things that are circles in the room. Let them point them out for everyone to observe. Ask them if they had noticed that there were that many circles in the room. Explain how you find what you focus on. Next look for rectangles. The same can be done with colors. For the rest of the day, challenge each person to be more focused on a shape or a color as they go through their day. At the end of the day or sometime in the following day, have them report back the how many things they noticed. Did they notice circles even when they weren't really looking for them?

Process this activity with the following questions:

Was it fun to look for shapes or colors?

Were you surprised how many things you found?

Do you think it is more important to pay attention to TV or people?

Do you think if you looked for positive things to happen you would notice more of them?