**Attention to Walking**

**How does it help students?**

* **Focus**
* **Attention**
* **Getting in tune with thoughts and feelings on the task at hand**
* **Increase self-observation**

**What will we need?**

* **0**

**How do we do it?**

* **Instruct the class to quietly walk down a hallway. Instruct them to pay attention to their breathing, their balance, the surface they are walking on, the sounds they hear when walking.**

**Additional Notes:**

**Reference: https://www.verywellmind.com**