

## Wright Family Attention/Focus Activity

***Let's practice slowly. The Wright family left today for vacation. Ready?***

One day the Wright family decided to take a vacation. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda would be the one left at home. Of course, this made Aunt Linda so mad that she left the house immediately, yelling, "It will be a right cold day before I return." The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright and Shelly Wright and got in the car and left. Unfortunately, as they turned out of the driveway someone had left a trash can in the street so they had to turn right around and stop the car.

They told Tommy Wright to get out of the car and move the trash can so they could get going. Tommy took so long that they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things that they might have left undone. No need to worry now, they were off on the right vacation.

### ***Debrief***

*Imagine all of the lefts and rights are distractions you face daily. Give me some examples of distractions. Okay, so let's get clear on What's Important Now. Let's W.I.N.*

*Raise your hand if you can tell who did NOT go on vacation.*

*Ok, same thing. Let's try again with our focus and attention on What's Important Now.*

- What happened? How did you demonstrate attention and focus?
- What did you learn? Anything you noticed you did differently?
- How could this apply to sports? To life?

Your mind is powerful, and getting clear on what you want to achieve is important. We are never going to get rid of distractions, but we can get better at shifting our attention and focus to things we care about/help us perform well whether in school, sports, or in life.

