

# ATTENTIVENESS

## DEFINE IT:

**ATTENTIVENESS MEANS FOCUSING ALL MY SENSES TOWARDS A PARTICULAR PERSON OR THING. BEING ATTENTIVE IMPLIES I AM THOUGHTFUL OF OTHERS, CONSIDERATE, POLITE AND COURTEOUS. HAVING ATTENTIVENESS MEANS I AM PRESENT AND ENGAGED WITH MY CURRENT CIRCUMSTANCES**

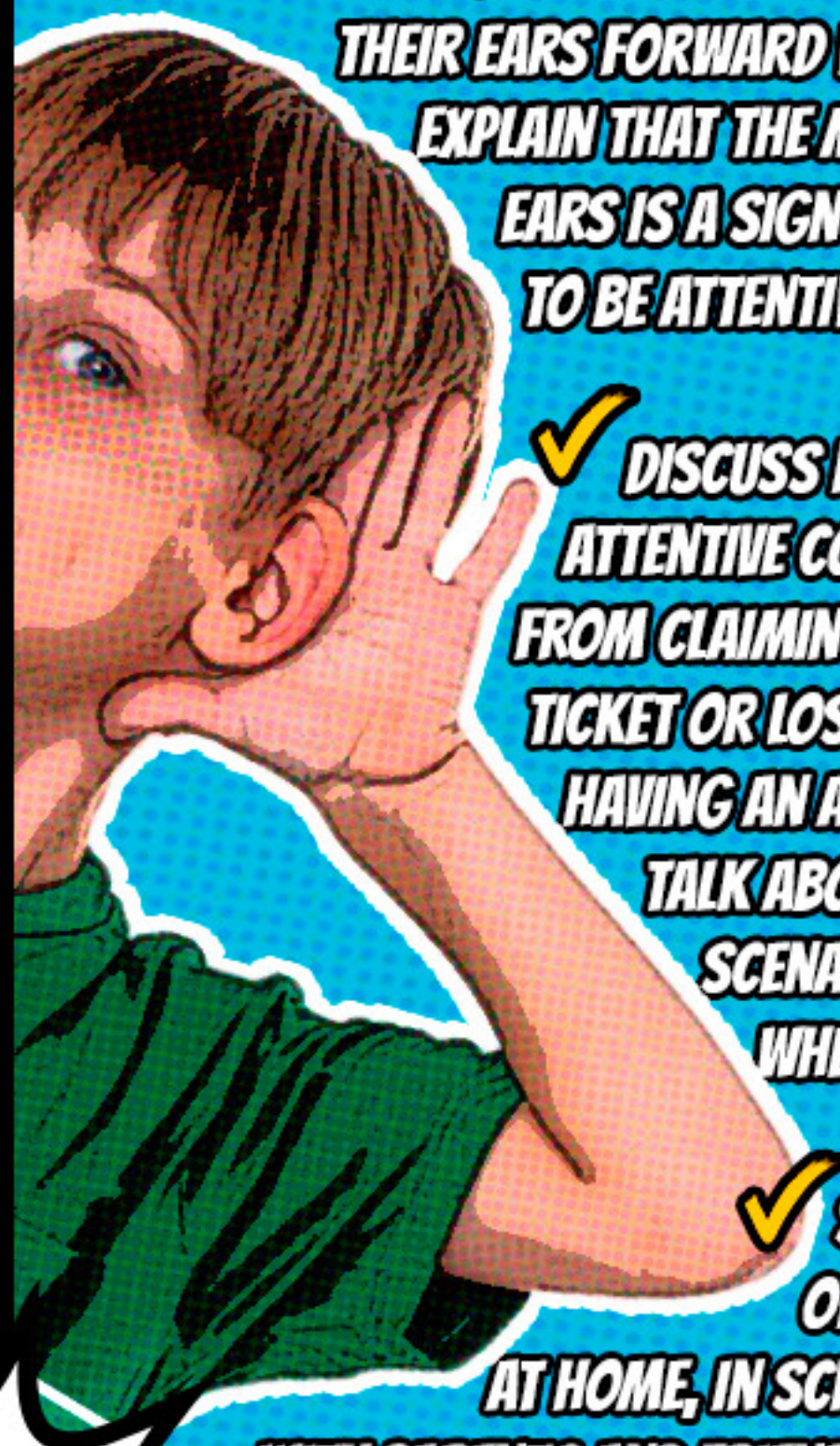


## TALK ABOUT IT:

✓ TALK ABOUT HOW HORSES AND DOGS "LEAN" THEIR EARS FORWARD WHEN WE SPEAK TO THEM. EXPLAIN THAT THE MOVEMENT OF THEIR EARS IS A SIGN THEY ARE READY TO BE ATTENTIVE.

✓ DISCUSS HOW NOT BEING ATTENTIVE COULD CAUSE A PERSON FROM CLAIMING A WINNING RAFFLE TICKET OR LOSING MONEY OR HAVING AN ACCIDENT. CONSEQUENTLY, TALK ABOUT HOW THOSE SCENARIOS COULD DIFFER WHEN A PERSON IS ATTENTIVE.

✓ SHARE ALL THE BENEFITS OF BEING ATTENTIVE AT HOME, IN SCHOOL, IN RELATIONSHIPS WITH PARENTS AND FRIENDS.



## TEACH IT :

**PARENT: ATTENTIVENESS IS TAUGHT BY FIRST "SLOWING DOWN." ATTENTIVENESS IS FOUNDATIONAL TO OBEDIENCE AND TO IMPROVE COMMUNICATION.**

**WHEN STARTING TO LEARN ATTENTIVENESS, HELP YOUR CHILDREN BECOME MORE AWARE OF OTHER PEOPLE'S VOICES AND ACTIONS. IN ORDER TO "WIN" AT THE GAME OF ATTENTIVENESS, EACH ONE OF YOU MUST SHIFT FROM WHAT YOU ARE DOING AND MAKE YOURSELF PRESENT.**

**THERE IS NO SENSE IN CONTINUING TO TALK WHEN YOU NOTICE YOUR CHILDREN ARE NOT LISTENING. DO STOP AND MAKE THEM AWARE YOU ARE ATTEMPTING TO COMMUNICATE WITH THEM, EITHER BY TOUCHING THEM AND/OR GETTING DOWN TO THEIR EYE LEVEL. ONLY THEN CONTINUE TO CONVEY WHAT YOU WERE GOING TO SAY.**

**OTHER CHARACTER TRAITS ASSOCIATED OR RELATED TO ATTENTIVENESS ARE OBEDIENCE, ALERTNESS, INITIATIVE.**



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## IN LIFE:

TAKE A MOMENT FOR YOU AND YOUR CHILD TO RELAX AND PRACTICE BECOMING MORE ATTENTIVE WITH ALL YOUR SENSES (WHAT DO YOU SEE?

WHAT DO YOU HEAR?

WHAT DO YOU FEEL?

WHAT DO YOU TASTE?)



## IN PLAY

"MICKEY, LET'S PLAY SIMON SAYS."

"OK, DADDY."

"LET'S MAKE IT FUN. DO THE OPPOSITE OF WHAT SIMON SAYS. YOU'LL HAVE TO PAY MORE ATTENTION AND THINK FASTER TO WIN."

## DECLARE IT:

I AM ATTENTIVE.  
I AM AWARE OF MY SURROUNDINGS.  
I AM ATTENTIVE TO MY PARENTS,  
TEACHERS AND FRIENDS.



✓ PLAY CONCENTRATION AND DETAIL ORIENTED GAMES WITH YOUR CHILDREN. I.E. FIND ME OR SEEK ME TYPE BOOKS THAT HAVE HIDDEN IMAGES IN THE PAGES.

✓ GO BIRD WATCHING AND NOTICE THE DIFFERENT FLIGHT PATTERNS, SOUNDS AND FEATHER COLORS OF THE BIRDS. ASK THE CHILDREN TO CHALLENGE THEMSELVES AND PAY ATTENTION. ESTABLISH A REWARD: IE: YOU GET TO CHOOSE THE NEXT GAME WE PLAY.

✓ GIVE PRAISE FOR EVERY CAPTURED DETAIL AND SHOW ENTHUSIASM WHEN YOUR CHILDREN ARE ATTENTIVE TO YOU AND OTHERS.

## APPLY IT:

SET THE INTENTION TO BE ATTENTIVE AND POINT OUT TO OTHERS WHEN THEY ARE BEING ATTENTIVE.

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