

Handout 2: What Attracts Your Attention?

Instructions: First, make a list of all the different objects, people or activities at Head Start that attract your attention during your workday. To help you get started, we've listed a few things.

mail

children's classroom

lunchtime

Now, from your list, pick items that you always look forward to paying attention to. List them below, and explain why each one is attractive. We've provided an example.

Item	Why is this attractive to you?
lunchtime	relaxing, fills need (hunger), learn interesting things from the conversations
1)	
2)	
3)	
4)	
5)	