



Key Advice

Step 1: Exploring Personal Attention Patterns

In pairs, discuss your reflections by asking each other the following questions:

- What do you find enjoyable and important?
- Do you notice any link between what you value and where your attention goes?
- Do you give enough attention to what matters to you?
- Are you able to focus on the things you enjoy?
- What helps you stay focused on what's important?

Step 3: Walk & Talk

In pairs, you'll practise shifting your attention intentionally, especially towards another person.

- One of you starts as the **speaker**, answering the question: 'What does being happy mean to you?' Speak freely and don't feel pressured to fill every moment. Silence is perfectly fine.
- The other is the **listener**. Your only task is to listen with full attention. You may repeat the question if needed, but do not respond or give feedback.
- Set a timer for **5 minutes**, then switch roles and walk back together for another 5 minutes.

When you return to the classroom, take a few minutes to reflect individually on what you noticed, both as speaker and listener. Answer the following questions in writing:

1. What did you notice about your attention?
For example, were you distracted or present?
Was your focus on yourself, the other person, or the surroundings?
Did you notice a lot around you or were you more inwardly focused?
2. Compare your answer to the question 'What does being happy mean to you?' with the notes you made before the walk. Did any new insights arise during the exercise?