The Wheel of Focus

Come back to your center. You choose where your focus goes.

Senses

What sounds do you hear?

What can you see?

What can you feel with your body?

Images

A place you like to be

Someone you care about

A scary scene you saw on a movie

Center

Come back to your belly breath.

You get to notice everything.

Thoughts

I have so much to do.

I hope it goes well.

What if something goes wrong?

Feelings

Sad

Worried

Frustrated

Take a breath. Come back to the center.
From here, you get to choose.

Inspired by The Whole-Brain Child
by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.