

Deepening Our Attention

A Mindfulness Activity



Oftentimes, when we feel that we are familiar with, or know, something - such as a place or person - we may begin to pay less attention to it. We might think we know it completely and have nothing new to experience or learn about.

However, when we take the time to pause - and pay deeper attention - we can realize there is always so much more to learn if we take the time to notice.

It is important to think about how we may never know the full story of a place, a person, a culture, or a community. Therefore, we should always keep ourselves open to learning more and challenge ourselves to deepen our attention.

What can paying deeper attention look like?

Consider this simple activity:



Sit and get comfortable in a space, take a few minutes of silence to just be within it.

- Sit still in one spot for 30 seconds. Look around you. What do you **see**?
- Now, close your eyes for 30 seconds and listen. What do you **hear**?
- Keep your eyes closed for another 30 seconds, take a deep breath in. Feel your body and the space around you. What do you **feel**?

Reflect afterwards on the experience.

What more did you learn about this space? Do you feel a greater sense of comfort after completing the exercise?

What can this experience with paying deeper attention teach us about how we should engage with each other, our spaces, and the cultures and communities around us?