Attention Anchor Tour

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person wants to refocus after a busy commute.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Offer an eyes-open tour of neutral details and let participants select or decline an anchor.

3. Which detail is comfortable to notice?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.