Energy and Attention Check

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 group meets after a long school day.

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

2. Try this task: Offer optional ways to describe current energy without diagnosing behavior.

3. What adjustment could support participation?

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.