Allow 10 minutes of class time for this activity

* Pair off with a partner and move away from other people in the group
* One partner turns away from the screen
* The other reads the following number strings at a pace of one digit per second
* The person who goes second just reads the number strings in the reverse order (e.g.: Start with “4” on the first one – 493)

The goal here is to have people experience using some of the attention techniques that were just discussed. Chiefly those will include:

**-listening**

**-staying focused**

**-making the effort**

**-avoiding distractions.**

After the first couple of trials, take some steps to provide additional technique practice by:

1. interrupt the participants and ask them to either move closer together or speak to each other more loudly, to experience the impact of distractions and interruptions.
2. Ask people to use different strategies on each trial such as:

-closing their eyes versus looking around the room or looking at the speaker

-tapping their leg along with the numbers

After about 10-15 minutes of practice, have participants talk briefly about their experience, **noting the techniques that they used to pay better attention.**