**A Daily Intention**

**How does it help students?**

* **Focus**
* **Attention**
* **Getting in tune with thoughts and feelings on the task at hand**
* **Learning how to set an intention**

**What will we need?**

* **0**

**How do we do it?**

* **At the start of the day, instruct your class to define and set a daily intention.**

**Additional Notes:**

https://www.developgoodhabits.com