**Organization**

**How does it help students?**

* **Focus**
* **Attention**
* **Getting in tune with thoughts and feelings on the task at hand**
* **Have an organized locker/binder**

**What will we need?**

* **Folders**
* **Post-its**

**How do we do it?**

* **Guide your students to intentionally and mindfully organize their binders or lockers**

**Additional Notes:**

* **It is suggested that one might start with a binder then move to the bigger task, the locker.**

**Reference: https://blog.mindvalley.com**