**Reverse the Order**

**How does it help students?**

* **Focus**
* **Attention**
* **Getting in tune with thoughts and feelings on the task at hand**

**What will we need?**

* **0**

**How do we do it?**

* **Think of an activity that we routinely do, for example, getting ready for school, brush teeth, wash face, put on clothes, pack a lunch**
* **Then do the routine in reverse order, pack a lunch, put on clothes, wash face, and brush teeth.**

**Additional Notes:**

* **This can be applied to a school activity that is routinely done.**

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