**Write With Your Non-Dominant Hand**

**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?**

* **Using your non-dominant hand, write a paragraph about an assigned or random topic.**
* **Instruct students to attend to their feeling and sensations when doing the activity**

**Additional Notes:**

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