



Returning to where you are

The skill of presence · name: _____ · date: _____



Attention moves between memories, plans, screens and whatever is happening in front of us. Presence is the repeated practice of noticing where attention has gone and deciding whether to return. Nobody holds attention perfectly or empties the mind.

What we are practising

By the end of this lesson, you can notice when attention has moved away and use one sensory anchor to return to the present.

During the activity

Three ways back to now: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Where in your day tomorrow might you try one anchor, such as feet, sound or breath, to notice your attention and bring it back?

Exit ticket · Returning to where you are

What does presence mean, as explored in this lesson?

- a) Feeling relaxed and happy at all times
- b) Noticing when attention has drifted and bringing it back to the present moment
- c) Predicting what will happen in the future
- d) Remembering every detail of the past

I can notice when my attention has drifted from the present moment and use at least one simple anchor to bring it back.

☐ more than before ☐ about the same

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