

Thoughts running wild – the focus challenge

Can you control your thoughts from running wild? Have a go at focusing on one thing for five minutes and see what happens.

- Find a comfortable sitting position and close your eyes and notice the sounds outside the room
- Then bring your attention to your breathing and see if you can focus on the sound of your breathing for five minutes!



Did your mind stay focused? Or did you find yourself thinking about other things like...what's for dinner? Did you go away with your thoughts and never come back or did you constantly pull yourself back to focus on your breathing? If you practice this everyday you can get better at it – it's called meditation.

Please tell us what you thought of the show by sending feedback, drawings and photos to hello@tutti-frutti.org.uk or post via facebook or twitter
