Teens FOCUS Homework Name:_____

In the space below, list 10 things that you think require "extreme focus" for short periods of time. Then, write a paragraph about what you think this says about your ability to focus on things in your everyday life, and your brain's true abilities to pay attention

1._____ 6._____

2._____ 7._____

3._____ 8._____

4._____ 9._____

5._____ 10._____

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