

SELF-REGULATION DETECTIVE

Spot the Difference Worksheet

Name: _____

Date: _____

👁️ FOCUS CHALLENGE: Find and circle the 5 differences in Picture B!

PICTURE A (ORIGINAL)



PICTURE B (5 DIFFERENCES)



I found _____ / 5 differences!

🚦 Emotional Check-In: How did your brain feel while focusing?

Circle the emoji that matches your feeling.



Calm & Ready



Thinking Hard



Frustrated



Tired