

SELF-REGULATION DETECTIVE

Spot the Difference Worksheet

Name: _____

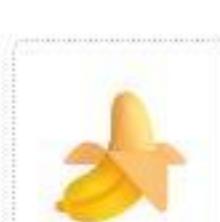
Date: _____

•• **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