

A large, realistic green apple is the central focus, positioned in the corner of a room. The room has reddish-brown walls and a wooden floor. A window on the left shows a view of the ocean. The apple's stem is visible at the top. The text is overlaid on the apple and the background.

How am I... 'thinking'?

**The quality of my Attention
&
my 'Thinking - Feeling - Doing'**

**Practices for Thinking Development, Attention Enhancement
in the Present Experience and the Emerging Act**

**Innovative Program for the 5th - 6th grade,
Junior High school and High School**

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