

Attention, Oriol!

Oriol was a very active and playful boy who always spent his afternoons playing soccer with his friends in the park. His eyes would light up with joy whenever he saw a ball, and he would immediately start running after it, trying to score the best goal. But there was something that made him different from the other children: Oriol was always so focused on the ball that he completely forgot about everything happening around him. When he played, it seemed as if the world stopped, and only the ball and he existed.

One day, while they were playing a very exciting match, Oriol saw the ball moving away from the goal line. He chased after it like a rocket, running without thinking of anything but his great opportunity to score the winning goal. With his heart pounding, he sped up and followed the ball, not realizing he was about to crash into a large tree in the middle of the path.

Suddenly, Oriol felt a tremendous impact, a “BAM!” and fell to the ground. Pain shot through him, and he lay on the ground for a few seconds, not quite sure what had happened. His head was spinning, and his knee ached. “Wow, that was rough,” he thought as he rubbed his leg.

His friends rushed over. Pau was the first to arrive. “Oriol! Are you okay?” he asked worriedly, looking at him. Oriol tried to get up, but the dizziness and the pain in his knee made him hesitate. “Yeah, well… just a little dizzy… but what happened?” he asked, grabbing a friend’s coat to help himself up.

His friends alerted an adult, who came to help Oriol. That day he stopped playing and stayed with them while they tended to his injury. Carla, who was always the calmest of them all, put a hand on his back and said, “Oriol, you really like playing soccer, but sometimes you have to look around when you’re running. If you’re always heading for the ball, you could hurt yourself.”

Oriol looked at her and immediately understood. He felt a little embarrassed because he had never realized that he ran without thinking about the things he might encounter along the way. He thought for a moment and replied, “You’re right, Carla. I was so focused that I didn’t even see the tree. Maybe I should have looked around.”

His friends smiled and encouraged him to be careful, but Oriol knew he had to learn to play more calmly and attentively. In the following days, every time he played soccer, he made an effort to look around before chasing the ball. He no longer let himself be carried away by speed alone. He concentrated on his play, watching the other children and avoiding obstacles along the way. His game improved a lot, and above all, he no longer hurt himself. He felt safer and, most importantly, happier playing with his friends.

And so he learned that doing things attentively is important. He no longer let himself be driven by the desire to be the fastest, but instead enjoyed the game and the camaraderie of the others. He never bumped into a tree again, and whenever he ran, he was

mindful of everything around him.