

Social and Emotional Learning (SEL)

Self-Management: The Focus Toolbox

Overview:

Focus is the ability to direct one's attention and ignore distractions. Having the ability to focus helps students learn and achieve goals. A lack of focus affects the brain's ability to take in information, memorize, reason, solve problems, and make decisions. With many things competing for our attention, it is important to know how to focus. With practice, the brain can be trained to better focus our attention to meet our goals.

Objectives:

Students will learn strategies to stay focused.

Child Goals:

I know how to stay focused.

Vocabulary:

Focus

Learn- 5 minutes

With many things competing for our attention, it is important to know how to focus. With practice, the brain can be trained to better focus our attention to meet our goals.

Focus is putting your attention on just one thing. Focus is important to stay safe and to learn.

Discussion Questions:

- What is focus?
- Why is it important to focus?
- What are the tools for focusing?

Practice-10 minutes

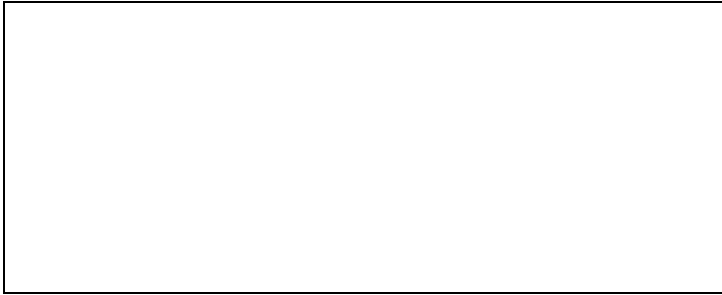
The Amazing Focus Activity encourages students practice staying focused to complete some mazes and coloring with numbers.

When working with the mazes ask students to keep the book closed and their pencils down until you signal them to begin.

Call attention to the start and finish on the maze. Say, the challenge is to get from start to finish, along the path, without crossing any lines.

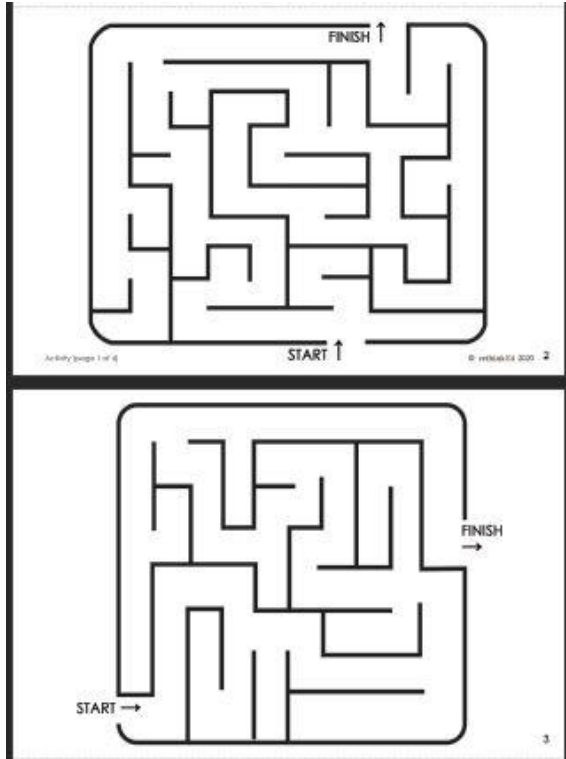
To challenge your students set a time limit like 3 or 2 minutes to focus and try to complete the first maze or second maze.

Students will need different color pencils or



crayons for the color with numbers activity.

Focus Toolbox Activities Mazes



Color By Number Worksheets

Instructions: Color by number.

Activity

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Adapted from RethinkED

Some strategies the students can use to stay focused include:

- take a big breath
- focus your eyes on what needs your attention
- listen to what needs your focus
- focus for a short time
- bring your thoughts back
- practice, practice, practice

Give your child household tasks to focus on, such as folding laundry or helping to cook a meal and talk to your child about the importance of focusing to successfully complete tasks.

Adapted from RethinkED

Deeper Dive – 5 to 10 minutes

For the Dive Deeper part of the lesson, students will need an independent reading book. This activity will have the students practice increasing their time reading to themselves.

Schedule time each day for four days to complete this activity

Prior to independent reading time, remind the student of the focus strategies. Talk with the student about how he or she can apply the focus strategies to independent reading time.

As the student is reading, provide him or her with positive reinforcement such as stickers or a check mark on a piece of paper for each minute or designated time that he or she focuses for.

Resources

Literacy Books to consider:

Why Should I Listen?, by Claire Llewellyn

No David!, by David Shannon

The Dot, by Peter Reynolds

Don't Let the Pigeon Drive the Bus, by Mo Willems

www.storylineonline.net

Tips:

- Check in with your child at the end and beginning of the day.
- Be mindful of students' needs that might keep them from focusing.
- Make sure students have had enough to eat and drink, have gotten enough sleep, and address any adverse emotions students may be feeling.