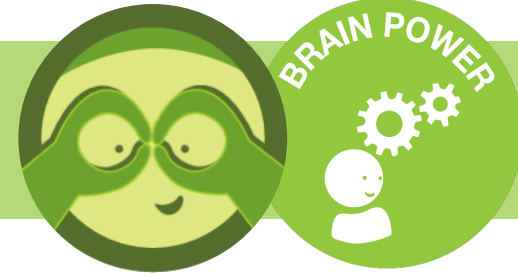




FOCUS POWER



WHAT IS FOCUS?

The ability to sustain attention and ignore distractions when needed.

WHY FOCUS IS IMPORTANT:

It helps students to listen and follow instructions, stay engaged in classroom activities, and persist even when interrupted or when facing challenges. Students also use focus power to pay attention to others and have engaging conversations with peers.

THINGS THAT HELP US FOCUS:

- **Covering my ears** to keep out distracting noises.
- **Putting on my Focus Binoculars** and pointing them in the direction of what I'm supposed to be learning or doing.
- **Noticing when I am distracted** and reminding myself to focus.
- **Going to a quiet spot** to finish my work.
- **Using my active listening skills** to sit still and keep my eyes on the speaker so I can listen carefully to what is being said.

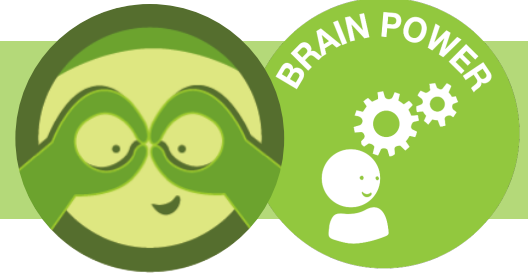
INTRODUCE THE HAND SIGNAL

Use **Focus Binoculars** (make circles around your eyes with your hands) when you want students to pay careful attention to something new or important.

Binoculars point your eyes at something you want to see more clearly, and they can block out distractions.



FOCUS POWER



WHEN DO WE USE FOCUS?

- When I want to listen carefully to a story or learn the words of a new song.
- When I am tying my shoes and I must focus carefully in order to do each step in the right way.
- When I am finishing an activity or project, and I need to ignore other sounds or distractions.
- When I am feeling tired or frustrated, and I have to work extra hard to pay attention to what I am doing in order to finish my task.

FOCUS POWER GAMES:

- I Spy
- Catch That Sound
- My Hat Has Three Corners
- Who Stole the Honey Pot?
- Zip, Zap, Zop

