

FOCUS

LESSON + PRIVACY OFFICE



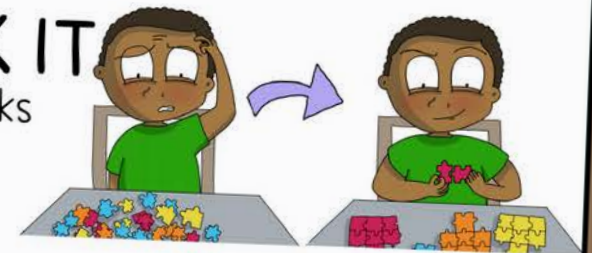
Teach
Your
Students
Effective
Strategies
to Help
Them
FOCUS

STEPS TO HELP YOU FOCUS

F - **FIGURE OUT YOUR MISSION**
Remind Yourself What Your Goal Is



O - **ORGANIZE AND CHUNK IT**
Break Down Work Into Smaller Tasks



C - **CHECK IN WITH YOURSELF**
Notice How You Feel and Ask Yourself:
"Am I Doing What I'm Supposed to Be Doing?"



U - **USE A FOCUS TOOL**
Do Something That Will Help You Re-Focus



Z - **ZOOM YOUR ATTENTION BACK**
Return Your Attention Back to Your Work



Create Student Privacy Office-Work Shields that Double as a Focus Tool, too!

FIGURE OUT YOUR MISSION

My goals are to:

give my best effort.

follow directions.

finish my work.

listen and pay attention.

try not to joke around so much

ORGANIZE AND CHUNK IT

I can break down my work into smaller tasks.



When I accomplish my goals, I feel: *proud and happy*

CHECK IN WITH YOURSELF

My feelings are:



Am I doing what I'm supposed to be doing?

YES
Keep doing what you're doing

NO
Use a focus tool.

USE A FOCUS TOOL

To help me focus, I will:



USE SECRET SIGNAL



USE A STRESS BALL



MOVE AWAY



WEAR HEADPHONES



ROLLER COASTER



PRETZEL MARCH



SIT UP FRONT



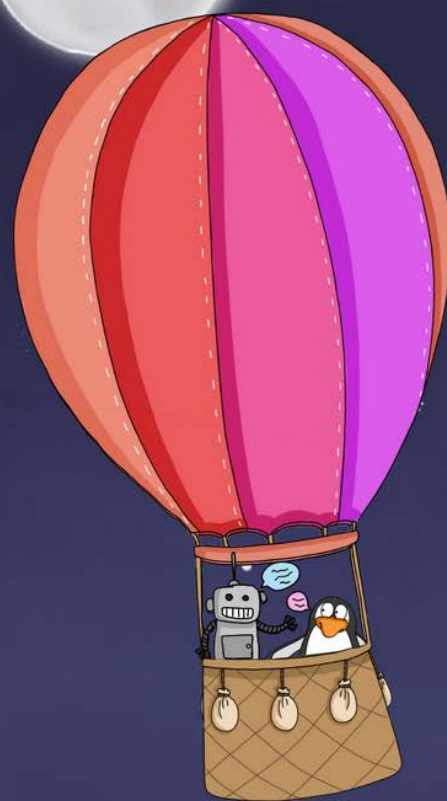
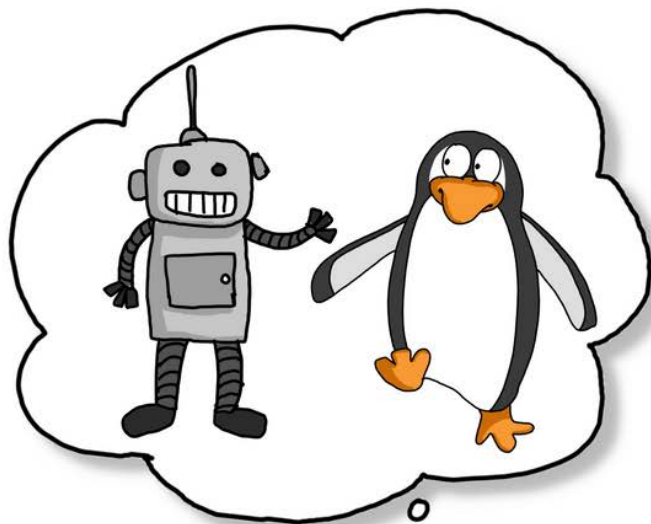
3-2-1 BREATHE



DO WORK STANDING UP

Includes Lesson on Google Slides and Animated PowerPoint Presentation

...that could talk
to penguins...



...while flying on a hot air
balloon...in outer space!

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FIGURE OUT YOUR MISSION

My goals are to:

- give my best effort.
- follow directions.
- finish my work.
- listen and pay attention.
- try not to joke around so much.

ORGANIZE AND CHUNK IT

I can break down my work into smaller tasks.



When I accomplish my goals, I feel proud and happy.

CHECK IN WITH YOURSELF

My feelings are:

Fast Fidgety Wiggly 	Tired Drained Slow 
Uncomfortable Big Fiery 	Calm Focused Ready to Go 

Am I doing what I'm supposed to be doing?

YES Keep doing what you're doing	NO Use a focus tool
--	-------------------------------

USE A FOCUS TOOL

To help me focus, I will:

 USE SECRET SIGNAL	 USE A STRESS BALL	 MOVE AWAY
 WEAR HEADPHONES	 ROLLER COASTER	 PRETZEL MARCH
 SIT UP FRONT	 3-2-1 BREATHE	 DO WORK STANDING UP

Zoom YOUR ATTENTION BACK

I will tell myself...

Grace
you can do hard things. Try your best!

...and get back to what I'm supposed to be doing.

WHAT YOU'RE SUPPOSED TO BE DOING



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FIGURE OUT YOUR MISSION

My goals are to:

give my best effort.

follow directions.

finish my work.

listen and pay attention.

try not to joke around so much

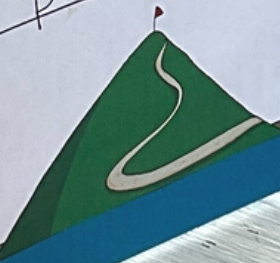


ORGANIZE AND CHUNK IT

I can break down my work into smaller tasks.



When I accomplish my goals, I feel:
proud and happy



CHECK IN WITH YOURSELF

My feelings are:

Fast Fidgety Wiggly



Tired Drain Slow



Uncomfortable Big Fiery



Calm Focused Ready to Go



Am I doing what I'm supposed to be doing?

YES

Keep doing what you're doing.

NO

Use a focus tool.



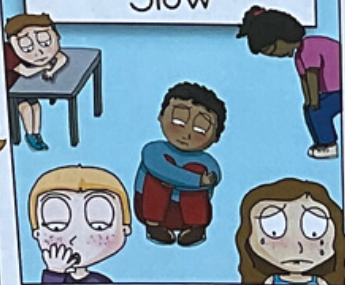
CHECK IN WITH YOURSELF

My feelings are:

Fast Fidgety
Wiggly



Tired Drained
Slow



Uncomfortable
Big Fiery



Calm Focused
Ready to Go



Am I doing
what I'm supposed
to be doing?

YES

Keep doing what
you're doing.

NO

Use a focus tool.



USE A FOCUS TOOL

To help me focus, I will:



USE SECRET SIGNAL



Whoops!
Time to focus!

Make up a
secret hand
signal that your
teacher can use
to remind you
to focus and
get back on
task.

USE A STRESS BALL



Squeeze a stress
ball or other fidget.

This can help you to
concentrate, get rid
of tension, and relax.

PRETZEL MARCH



Slowly raise your left
knee so that it touches
your right elbow. Then
touch your right knee to
your left elbow.

Alternate touching
opposite knees to elbows
for a few moments.

STRETCH



As you take slow,
deep breaths, stretch
out different parts
of your body.

Notice how relaxing it
can be to take a nice,
long stretch.

DRINK WATER



Drinking water is good
for your body and
brain.

Water improves
oxygen levels in your
body, and this will help
you to think and
concentrate better.

CLEAN WORKSPACE



Keep your workspace
organized and clean.

Keep only the things that
you need on your desk or
table.

Put away anything you
aren't using right now.



A FOCUS TOOL

Help me focus, I will:



WholeHearted School Counseling

INAL

Make up a secret hand signal that your teacher can use to remind you to focus and get back on task.

USE A STRESS BALL



Squeeze a stress ball or other fidget.

This can help you to concentrate, get rid of tension, and relax.

STRETCH



Raise your left hand so that it touches your right elbow. Then raise your right knee to touch your left elbow.

As you take slow, deep breaths, stretch out different parts of your body.

Notice how relaxing it can be to take a nice, long stretch.

Alternate touching your knees to elbows a few moments.

CLEAN WORKSPACE



Keep your workspace organized and clean.

Keep only the things that you need on your desk or table.

Put away anything you aren't using right now.

Drinking water is good for your body and brain.

Water improves oxygen levels in your body, and this will help you to think and concentrate better.



ZOOM YOUR ATTENTION BACK

I will tell myself...

WRITE YOUR NAME HERE

Grace

WRITE YOUR FOCUS REMINDER AFTER YOUR NAME

you can do hard things. Try your best!

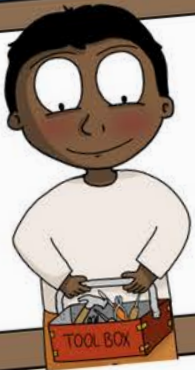


...and get back to what I'm supposed to be doing.

WHAT YOU'RE SUPPOSED TO BE DOING



WholeHearted School Counseling



USE A FOCUS TOOL

To help me focus, I will:



Wholehearted School Counseling

Pretzel March



Drink Water



Elephant Ears



Use a Stress Ball



Finger Pulls



Hug or Massage



Hawk Hug



Do Work Standing Up



I Will Focus Fingers



Move Away



Roller Coaster



Wear Headphones



3-2-1 Breathe



Clean Workspace



Stretch



Write a List



Doodle



Use Secret Signal



Sit Up Front



try not to talk with my friends



