

# FOCUS

## INSTRUCTOR SUPPORT

FOCUS

**Focus:** To pay attention.

**Overview:** The four elements of optimal focus are : eyes, ears, mind and body.To focus well, you have to look with your eyes, listen with your ears, think with your mind and do the right thing with your body.

**Instructor:** Children often have a short attention span because they are still developing. Our goal is to increase that so that they may learn, understand and retain information better. Focus enhances their learning experience, enabling children to learn better.

Focus begins with good eye contact. Studies have proven that if you look with your eyes, you actually hear better.

Children love attention so encourage focus by praising them when they look at you. Consider saying, “What should you be doing right now?” versus “Look at me when I am speaking.” This simple question creates awareness and empowers a child to make the right choice.

People will often say that children lack control or discipline. Truthfully, they may simply need to develop better focus. The key is to practice focus until it becomes habit.

### Cues:

“I like how you are looking at me when I am speaking with you. That’s awesome eye focus.”

“Where should your eyes be looking when we are talking?”

“I like how you did that right away when I asked you to. That is awesome listening focus.”

“That’s really great how you are thinking about what you are doing. That’s excellent mind focus.”

“You move really fast! That is pretty cool body focus.”

“Who can I compliment showing awesome eye focus by looking right me?”

### Actions:

- Good old fashioned staring contest. (eye)
- Read a sentence out loud. Have the children repeat it back. (eye, ear, mind & body.)
- Tossing a ball. (eye & body)
- Memory card game. (eye & mind)
- Recite 3 actions and have your child repeat them back to you. (eye, ear, mind & body)
- Marco Polo (ear)
- Dodge Ball (eye & body)