FOCUS

LIFE TALK

Focus: To pay attention.

Instructor: Who can say “Focus” sir/ma’am?
Student(s): Focus sir/ma’am.
I: Focus means to pay attention. What does focus mean?
I/S: To pay attention sir/ma’am.
I: Focus is awesome because it helps you to do things...
S: Better sir/ma’am.
I: That’s right! Like learning at...
S: School sir/ma’am.
I: Or reading your favorite...
S: Book sir/ma’am.
I: Now to focus you have to look with your... (Point to your eyes.)
S: Eyes sir/ma’am.
I: Listen with your... (Point to your ears.)
S: Ears sir/ma’am.
I: Think with your... (Point to your forehead.)
S: Mind sir/ma’am.
I: And do the right thing with your... (Sit up tall or stand at attention.)
S: Body sir/ma’am.
I: So when your parents are talking to you, look at them with your... (Point to your eyes.)
S: Eyes sir/ma’am.
I: When your teachers are teaching you, listen to them with your... (Point to your ears.)
S: Ears sir/ma’am.
I: When you do something, think about what you are doing with your... (Point to your head.)
S: Mind sir/ma’am.
I: And when you run, jump or balance, do the right thing with your...
S: Body sir/ma’am.
I: Focus is way cool because when you are focused you can do things better and that feels...
S: Great sir/ma’am.
I: And who can say “focus” sir / ma’am?
S: Focus sir / ma’am.
I: What does focus mean?
I/S: To pay attention sir/ma’am.

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