FOCUS

STUDENT & PARENT DISCOVERY

Focus: To pay attention.

Overview: The four elements of optimal focus are: eyes, ears, mind and body." That means you have to look with your eyes, listen with your ears, think with your mind and do the right thing with your body. Any act or action involves these four elements. For example, when you ride a bike, you have to look where you are going, listen for traffic noise, think about balancing, steering and pedaling and make sure your body executes those tasks properly.

Focus is a very important life skill because it is the foundation of other life skills such as discipline, memory, control and balance.

Great focus begins with good eye contact. Studies have proven that if you look with your eyes, you will hear, understand and retain information better.

Student: Focus is awesome because it helps you to do things better like crossing the street safely, riding a bike or enjoying a movie without missing the best parts.

Paying attention makes learning easier and more fun. If you have great focus, you'll feel smart because you will understand what the teacher is teaching you and that's pretty cool.

To have the best focus you have to think eyes, ears, mind and body. So always look at your parents when they are speaking to you. Make sure to listen to your teachers when they are teaching you. Think about what you are doing to get it right and do the right thing with your body when doing something like riding a bike.

Focus also builds your confidence because when you are focused you do things better and that feels good, right?

Parent: Focus is a very important life skill for your child to learn. It is the foundation of many other life skills such as discipline, memory, control and balance.

Focus plays a key role in your child's learning experience. It will increase their attention span so that they may understand and retain information better. Focus enables your child to be a better learner.

Remember that a children are not born with great focus. It is only through practice that it becomes a habit. Studies have proven that children who can focus do better in school.

At home, focus will help your child be a better listener and do things right away when asked. It will help them to complete tasks efficiently, thus increasing their confidence in the process.

Always encourage your child to make good eye contact when speaking and being spoken to. Not only does it build their focus, it shows respect and good manners.

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