

Focusing Attention

Learning to shut off play mood when working at home can be hard for K3-1st grade children. Playing this easy game can help your little one focus more.



Say to Youth: Using sight and hearing helps with focusing on task at hand. The more you participate the easier it will get to focus your attention on what you are doing.

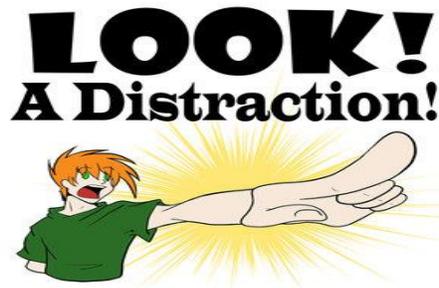
Game: I-spy

Directions:

- Each person takes turn describing something they see without saying the name of the item.
Example: If your item is a red hat you would say “I spy something red” or “I spy something with a round top”
- Pro tip: To make the game more interactive have students move to the object they think the leader is describing. For instance if they think the item being describe is a clock they must move by a clock.

Reflection: Reflect with child/ren on how it felt when they were able or not able to find the items in the **I-spy** game. Make the connection that just like the game when they are in school or at home the more attention and focus they give to the important things the more likely they are to be successful.

Lesson 2: Using Self-Talk



Say to Youth: Self talk can help you focus, stay on task, and handle distractions.

Distract Me Not

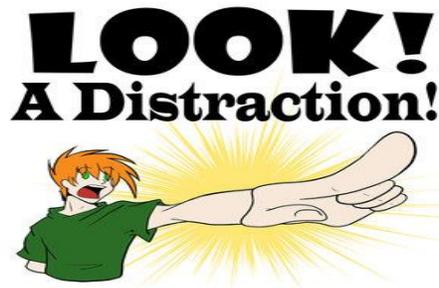
Direction:

1. Give child/ren a phrase to read out loud and remember in 5 seconds.
2. After the 5 seconds is up make them turn the sheet over.
3. Play a popular song that will make them dance and sing along.
4. After 30 seconds of playing the song, pause the music.
5. Have child/ren recite the words that were on the paper without looking at the sheet.
6. Next round child/ren get 5 seconds to read a new phrase in their head.
7. Have them repeat steps 2-5 all over again.

Pro Tip: Pre make the phrases and try to make them fun and catchy.

Reflection: After playing this game discuss with child/ren the importance of staying focused and limiting the number of distractions they allow around them, hindering their success. Also discuss which technique was easier to remember – reading the phrases out loud, or in their heads? How can we use this new knowledge about what helps us remember things?

USING SELF-TALK



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Lesson 2: Being Assertive



Passive



Assertive



Aggressive

Say to youth: *Being assertive can help you be successful in a variety of social and academic situations.*

Fist

Directions:

1. Form a circle (if it's only 2 of you then you will stand across from each other.)
2. Decide who will be A or B.
3. Person A's instructions read: Person B will make a fist. You MUST get that fist open.
4. Person B's instructions read: make a fist. Person A is going to attempt to get you to open your fist. You must NOT open your fist unless he/she asks you politely and assertively.
5. Person A gets 5 chances to get Person B to open their hand.
6. Once Person A's go is over then they switch roles with Person B.

Pro Tip: Make the activity more interesting by allowing each person in the group to create a rule in order to get the fist open. For example: Don't open hand unless the person spells out "PLEASE".

Reflection: Talk with youth about the difference between being assertive and being aggressive. Allow them to reflect on the activity and its challenges. Talk with them about how important language around being assertive is.