



Ready4K

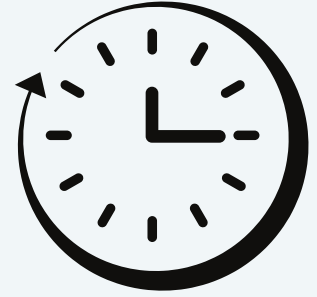
Let's  
**FOCUS!**



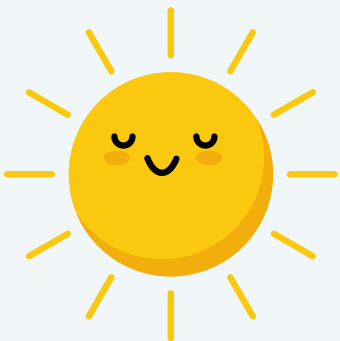
*10 Focus Builders*

# 1

## Think About Age and Time



Being able to focus is a skill that grows with age and practice. Kids in Pre-K and K may start to lose focus after about 10-15 minutes of an activity. Kids in Grades 1 and 2 might be able to stick with an activity for up to 20 minutes. 30-40 minutes is a reasonable time span for kids in Grades 3 and 4.



## Build in Breaks 2

It takes a lot of energy to focus. When kids are expected to focus on a task for a longer period of time, building in a break or two helps to make it easier. Taking a simple wiggle break, drinking a glass of water, or heading outside for 10 minutes can be enough to recharge a child's focus.

## 3 Set Expectations



When kids know what to expect, it's easier for them to focus on the task at hand. Try spending a few minutes talking through what they are going to do before they do it. Use words like "first," "next," and "last." "First we will... Then we will..."



## Set Up for Success 4

It can help to limit distractions. For example, if your child is doing some independent reading, you might try setting up a cozy spot in a quiet corner. Doing some writing? Have them gather all the supplies before they begin.

## 5 Get Physical to Get Focused



Kids often have an easier time focusing on more quiet and concentrated tasks **AFTER** they've had the chance to do something active and physical. Consider starting your day with some physical games, dancing, a walk around the block, a fun exercise routine, etc.



## Ready, Set, Go!

## 6

Timers set for a short amount of time can help kids stay on task. For example, “Let’s see how much we can read in 10 minutes! When the timer goes off, we’ll know it’s been 10 minutes.” After the 10 minutes, make sure your child has time to wiggle and move before settling into the next activity.

## 7 Put it On Repeat



Keeping focus and listening are skills that need to be practiced. Make it feel more like a game. Set the stage: “I am going to tell you 2 things. I bet you can repeat them back to me when I am done.” When you’re done talking, ask your child to repeat the 2 things. Give them plenty of encouragement.



## First... Then... 8

Sometimes we need kids to focus on something even when they aren’t in the mood. One trick can be to present it as a “First/Then” statement. The “first” should be the non-preferred task. For example, “First, you need to finish this math sheet.” Next, you can follow with a preferred task. For example, “Then, you get to play with your Legos.” When kids know that something fun will follow, it can make focusing on the task a little bit easier.

## 9 Your Job is...



Letting kids know exactly what you want them to pay attention to, their “job”, can really help them find and keep focus. Get right down to their eye level and explain in a few simple steps. For example, “We are getting ready to go. Your job is to put your shoes and socks on.” Then, you might ask them to repeat what you said. Ask, “So what's your job? Yes! To put your shoes and socks on.”



## Play Listening Games 10

A big part of being able to focus is having strong listening skills. Adding a listening game during a car ride or at a meal is a fun way to practice.

Try “I am going on a picnic...” Players take turns listening and adding items to a list.

First Player: “We’re going on a picnic and bringing an [item 1]. What else will we bring?”

Second Player: “We’re going on a picnic and bringing [item 1] and [item 2]. What else will we bring?”

Players add items until someone forgets an item.

You can switch it up by going on a trip or to the beach and making a list of those items.