

FOCUS is paying attention to what's important. When someone (parents, teachers, friends) are talking to us, we should pay attention to that person. Eye contact, keeping our body still, being part of the conversation; these are all things that will help us FOCUS better. Practice doing this. Over the next couple of weeks, whenever a time comes up when you need to FOCUS, practice the things on the chart below. Ask your mom or dad (or teacher!) to fill out the chart, circling the 😊 for each category that you showed good FOCUS, or the 😞 if you didn't.

To whom did you show focus?	Eye contact	Not talking to other people/interrupting	Keep hands and feet still	Asking relevant questions	Following any directions given	Listen to other's comments (if applicable)
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞
	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞	😊 😞

Now, ask your mom and dad (or your teacher) one thing you do really well when you focus: _____

Now, ask them one thing you could do to focus better: _____