

# LESSON 5 • FOCUS

## ADDITIONAL RESOURCES

### VIDEOS

+ **Test Your Awareness - Whodunnit**

<https://www.youtube.com/watch?v=ubNF9QNEQLA>

+ **Awareness Test - Pass the Basketball**

[https://www.youtube.com/watch?v=UfA3ivLK\\_tE](https://www.youtube.com/watch?v=UfA3ivLK_tE)

+ **Focus Your Mind**

<https://www.youtube.com/watch?v=nG-lfHJUnuo>

### ACTIVITIES

#### LIFE PLOT

Ask students to draw on a piece of a paper a horizontal line that represents their life from birth until now. Ask students to reflect on some high points in their lives and jot them down along the line. This exercise can help students better understand their beliefs or feelings about certain situations, as well as focus on positive key events of their lives. This exercise can be used not only in this lesson on focus, but also in gratitude, self talk, or self-esteem.

#### FREEZE YOGA

Play a song and ask students to walk in a circle around the room. When you choose to pause the music, students must freeze in a yoga pose of their choice. You can vary this activity by asking a student to be in charge of the music, or calling out poses each time the music stops.

#### SEQUENCE

Tell students they are going to work in partners or small groups on creating directions and a sequence to a simple task: making a peanut butter & jelly sandwich, or something less familiar like planting a garden (you can even tie this to a unit from class). The pair or group that has the most accurate sequence wins!

#### BOARD GAMES

Whether these are traditional board games or ones you create yourself, they encourage focus. One way to make this more challenging and encourage even more focus is to take a simple game like UNO, Trouble, Candyland, etc. and ask students to come up with ways to modify and change the rules and the play the various ways classmates have come up with.

#### MINDFUL WALK

Ask students to walk somewhere for an allotted amount of time - around the room, in the hallway, once around the outside of the building. Ask them to observe every detail along the way and engage all five senses. When they return, ask them to write down and share what they saw, heard, touched, smelled and if they noticed more than they usually do.



## ARTICLES

### + **Attention Spans in the Age of Technology (NAMI)**

<https://www.nami.org/Blogs/NAMI-Blog/August-2017/Attention-Spans-in-the-Age-of-Technology>

### + **Age of Distraction**

<https://www.kqed.org/mindshift/32826/age-of-distraction-why-its-crucial-for-students-to-learn-to-focus>

## OTHER REFLECTION QUESTIONS

- + Are you aware of specific situations or environments where it is hard for you to focus?
- + Are you aware of specific situations or environments where it is easy for you to focus?
- + When you have a hard time focusing, what is a habit you usually fall into? Do you think this is a healthy or unhealthy habit?
- + Do you believe you can improve your focus? What are ways someone could do that?

