



FOCUS

SKILLSVILLE STRATEGIES



What are Strategies?

Strategies are tools and techniques that help achieve calmness and concentration to prime the brain to effectively use Success Skills. These skills are **Focus, Think Differently, Organize, Remember, and Feel.**

What is a Child-Friendly Definition of Strategies?

"Strategies are something you do or words you think about to help you understand your thoughts and emotions and respond in a helpful way."

What is Focus, and Why is it Helpful?

Focus is having the ability to independently motivate yourself to begin tasks by directing behaviors and actions. **Focus** is also our capacity to stick with a task, even if it is difficult or non-preferred, while also ignoring distractions. This Success Skill helps children with self-motivation, independence, and staying dedicated to what they need to do. By encouraging children to **Focus**, caregivers and grownups can help children improve their ability to persevere when there are setbacks.

What is a Child-Friendly Definition of Focus?

"Pay attention to something, even when distractions happen around you."

When do children struggle with Focus?

When they...

- Find it challenging to start a task without being reminded.
 - A child might struggle to begin their art project because they can't decide what to draw or paint. As a result, they may opt to do something instead of their project.
- Give up quickly on difficult tasks.
 - A child might give up on learning how to ride a bike after a few tries because they keep falling over and don't think they can do it.
- Have difficulty sustaining attention to tasks.
 - A child might struggle to finish cleaning their room because they get distracted by a toy they found and start playing with it instead.

Consider incorporating strategies into your child(ren)'s routine to further enhance the **Focus** Success Skill. Strategies can be used in school, at home, and in the community. While all strategies can support Success Skills, the effectiveness of a specific strategy is different for everyone. Experiment with different approaches to find what works best for your child's individual needs.

