



FOCUS

Skillsville To-Go



WHAT WE LEARNED TODAY

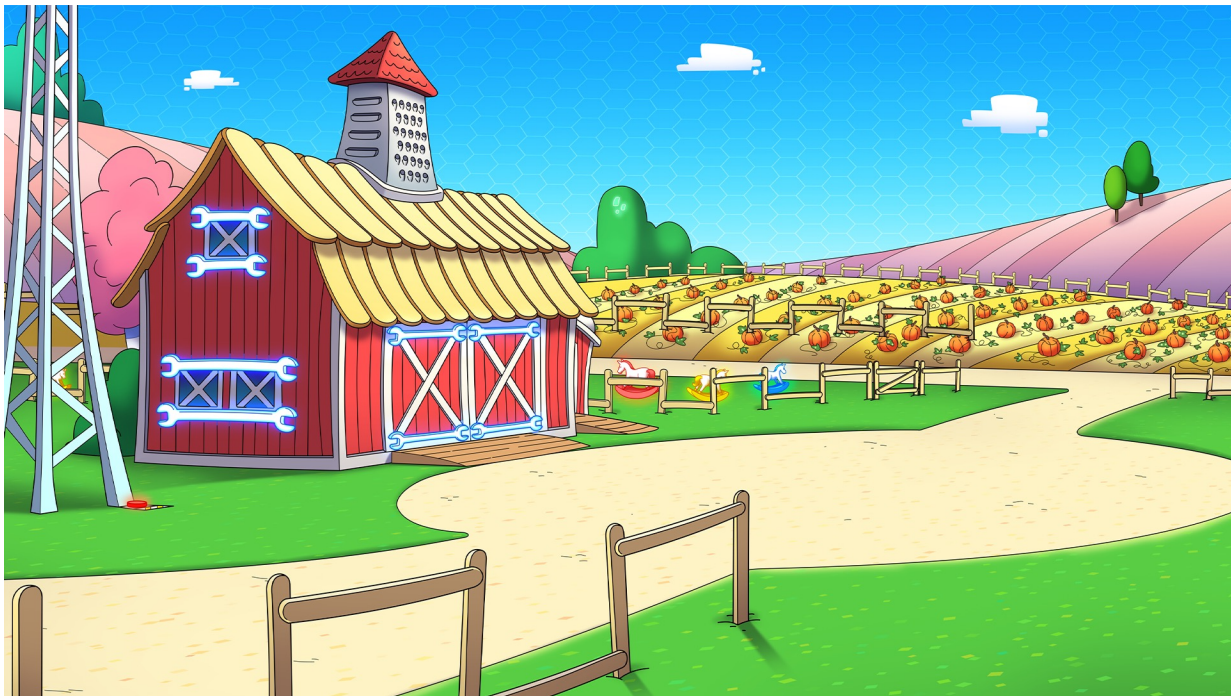
The **Focus** Success Skill means "to pay attention to something even when distractions happen around you."

The strategy we learned was **Body Scan Meditation**.

Some careers we learned about were: **Air Traffic Controller**, **Emergency Dispatcher**, and **Personal Service Worker**.

USE THE FOCUS SUCCESS SKILL AT HOME

Look at the picture from Skillsville below. See if you can find the following items: cheese grater, craft sticks, rocking horses, wrenches.



USE THE BODY SCAN MEDITATION AT HOME

Find a time to try the body scan meditation on your own or with a partner. Focus on each part of your body, from your toes all the way up to your head. Are your feet dry? Are your legs warm or cold? Are your neck and shoulders tight or loose?



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