



FOCUS

Session Agenda



- ☐ Get settled with our Conversation Cards
Use the Conversation Cards provided to spark a discussion with everyone at your table.
- ☐ Review
Have a brief discussion about what you learned during the last session of Skillsville.
- ☐ Focus Success Skill
Learn about today's Success Skill highlight: Focus.
- ☐ Episode – "Air Traffic Controller"
Watch a sneak peek of an episode of the upcoming Skillsville television series.
- ☐ Strategy – Body Scan Meditation
Learn and practice a new strategy.
- ☐ Paper Game – "Rapid Response"
Use the Focus Success Skill as you play a game where you are a dispatcher sending responders to Beeple emergencies.
- ☐ Digital Game – *Salon Beats*
Use the Focus Success Skill to give manicures, makeup, and haircuts to Beeples.
- ☐ Review
- ☐ Skillsville To-Go Materials



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Career information included in *Skillsville*™ program materials was informed by O*Net OnLine job descriptions. All job descriptions and career information are current as of the date of publication.

