

# Let's FOCUS!

## 5 Focus Builders

### 1 Think About Age and Time



Being able to focus is a skill that grows with age and practice. Younger children may start to lose focus after about 10 minutes of an activity while older children can stick with an activity for 30 minutes or more.

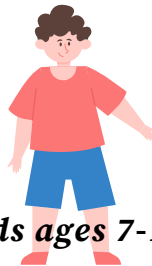
10-15 minutes

20-30 minutes

30-45 minutes



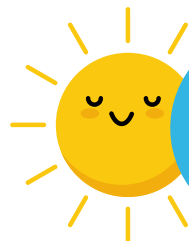
*Kids ages 4-6*



*Kids ages 7-10*



*Kids ages 11+*



### Build in Breaks 2

It takes a lot of energy to focus. When kids are expected to focus on a task for a longer period of time, building in a break or two helps to make it easier. 10 minutes of movement or time outdoors can be enough to recharge a child's focus. A quick glass of water can boost focus too.

### 3 First... Then...



Sometimes we need kids to focus on something even when they aren't in the mood to. One trick can be to present it as a "First/Then" statement. The "first" should be the non-preferred task, for example, "First you need to finish this worksheet." Next you can follow with a preferred task, for example, "Then you get to play with your Legos." When kids know that something fun will follow it can make focusing on the task a little bit easier.



### Set Up for Success 4

It can help to limit distractions. For example, if your child is doing some independent reading you might try setting up a cozy spot in a quiet corner. Doing some writing? Have them gather all the supplies before they begin.

### 5 Get Physical to Get Focused



Kids often have an easier time focusing on more quiet and concentrated tasks AFTER they've had the chance to do something active and physical. Consider starting your day with some physical games, dancing, a walk around the block, a fun exercise routine, etc.