

Lesson Concepts

- Focusing attention involves using eyes, ears, and brain.
- You can focus your attention just by thinking about it, and the more you do it, the better you get at it.
- Using self-talk helps you focus attention.

Key Words

Skills, focus, attention, distract

Why This Lesson Matters

To succeed in school, students need to be able to ignore distractions while focusing their attention. This is an important Skill for Learning that helps students pay attention both to what is important in the classroom and to their peers when playing.

Note

This lesson teaches a concrete metaphor for focusing attention: the “attent-o-scope.” Students cup each eye with a hand to form binoculars, which helps them focus on one object. Students first form their attent-o-scopes and focus their eyes on an object, then put



Home Link Reminder

Collect the Lesson 1 Home Link, and email or send home copies of the Lesson 2 Home Link.

their hands down but maintain their focus and avoid looking at and becoming distracted by other things.

Using Skills Every Day

Have students ANTICIPATE when they can use their attent-o-scopes to focus their attention.

Notice students who are focusing their attention, and REINFORCE their behavior with specific feedback: **Susan, you were really focused on your counting. I could tell you had all your attention on it by how your eyes kept looking at the counters.**

- Model focusing your attention.
- Remind students frequently to focus attention.

Have students REFLECT on how using their attent-o-scopes helped them learn.

Daily Practice



Teach the lesson. On each of the following days, remind students to switch on their attent-o-scopes before you give important directions.



Play Follow, Follow, Version 2, adjusting the degree of challenge as appropriate. Listen to “The Learner Song.” Have students make their attent-o-scopes when they hear the words “Focus attention.”



Begin learning the words to “The Learner Song.” Have students cup their hands to their ears when they hear the word “Listen.”



Play Follow, Follow, Version 2, using Puppy or Snail as the leader. Practice using attent-o-scopes during other learning activities.



Have students draw a picture of their attent-o-scopes. Have them dictate or write down some words to use as a switch.



Follow, Follow, Version 2

Preparation

You will need Puppy and Snail. After you have stated the rule, have students make their attent-o-scopes and say “focus” to switch them on. Have students focus their attent-o-scopes on Snail, then put them down and pretend they are still there.

Rule

Rule 1 is, do what Snail tells you to do. Puppy will try to trick you by telling you to do things too. Ignore Puppy.

Steps

1. As Snail: **Follow, follow. Touch your nose.** Students touch their noses.
2. As Puppy: **Follow, follow. Touch your head.**
3. Students don't obey Puppy and keep touching their noses.

Increasing the Challenge

Attention (A), Working Memory (WM), Inhibitory Control (IC)

- Have Snail name two or more body parts. (WM)
- Have Puppy give two directions in a row. (A, IC)
- Have the students touch the body parts in the reverse order. (WM, IC)