

Focus and Attention



GREETING: Give a fist bump to everyone else in the group.

INTRODUCTION: Attention skills help you concentrate and focus on what you need to. It involves reflecting on your level of attention, ignoring distractions, and refocusing when needed.

DISCUSSION QUESTIONS

- Why is it important to learn how to pay attention?
- What strategies help you stay focused?
- Is paying attention easy or difficult for you? Is it different during different activities? Why?
- What happens if you don't focus and pay attention when you need to? What are the consequences?
- Where else do you need to pay attention besides school?

Activity #1

Learn to fine tune your attention skills! Read each of the strategies and discuss how they can help:
Take notes in class
Take a quick mental break
Participate (ask or answer questions)

Activity #2

Act it out! Imagine you are bored in class, but you know you need to pay attention. With a partner, act out what you can do to stay alert and focused.

Activity #3

Attention skills are an important social skill, too! Talk with a partner about anything for a few minutes. Do your best to stay focused and listen. After, summarize your conversation.

CLOSING: Paying attention pays off in the long run. What is one way you can work on paying attention today?

FINAL THOUGHTS: Share any final thoughts, questions, concerns, or needs.