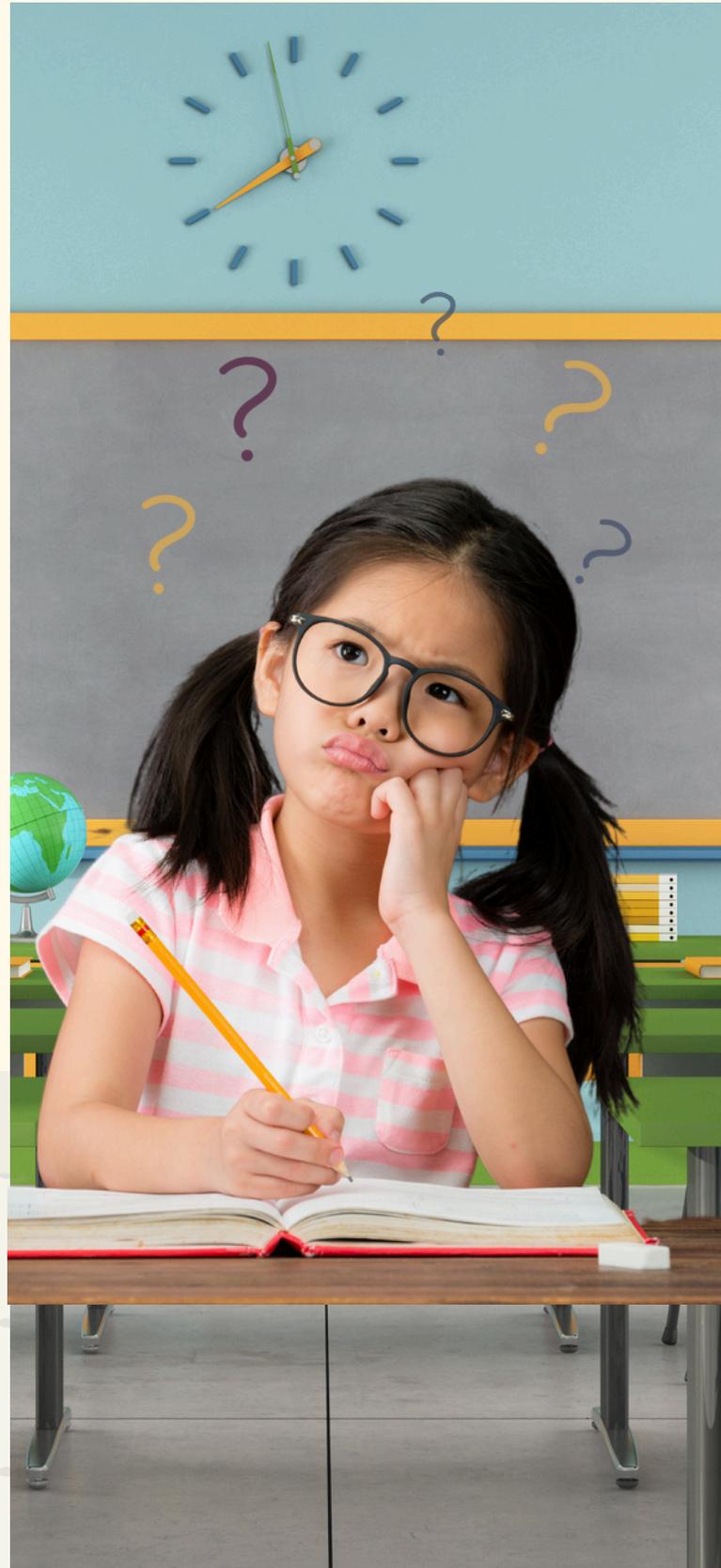


TROUBLE FOCUSING IN CLASS?

THE FUN GUIDE TO BUILDING ATTENTION & STAYING ON TRACK

www.thekairosbridge.com



Trouble Focusing?

Hey there, smart kiddo! Struggling to stay focused on tasks or topics? You're definitely not alone! Let's figure out what's going on together and what you might need to help you crush it! Ready to dive in?

I. Circle the challenges and feelings that describe your situation.

Challenges

Distracted Hungry
Confused Unchallenged
Tired Uninterested
Energetic



Feelings

Overwhelmed
Bored
Confused
Ignored
Lonely



II. Check the boxes you think could be helpful. What other ideas do you have to add?



What I Need So I Can Focus

- Get Help**
(Ask for clarification; ask for an example; ask for a partner)
- Movement Break**
(Jumping Jacks; 1 minute yoga flow; restroom break)
- Simple Steps**
(Break the big thing into 3-5 simple steps)
- Fidget Release**
(Pencil fidget; desk foot band; stability ball; fidget putty)
- Focus on the Goal**
(Set the time limit; write distractions on a separate notepad; choose an achievement celebration)
- _____

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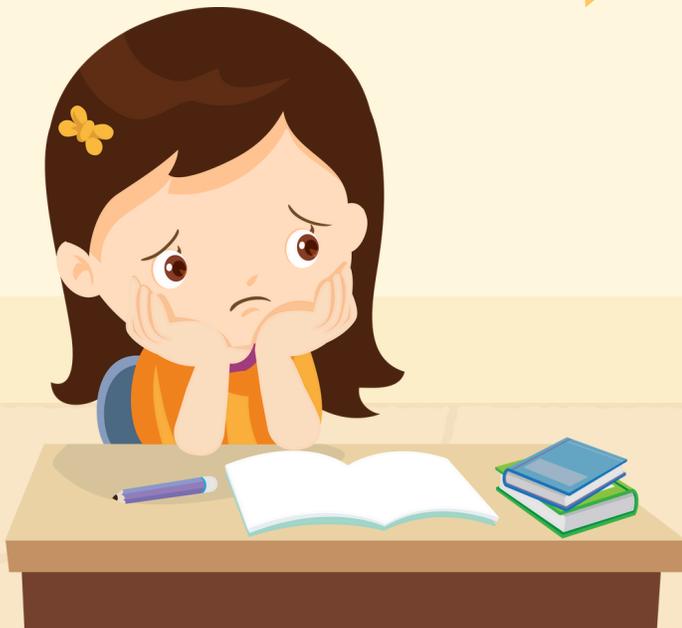
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Recommendations for Building Attention



1. Set screen time limits

American Academy of Pediatrics recommends 30 - 60 minutes on school days and 2 hours on weekends. The instant rewards of games is shown to reduce attention span

2. Schedule exercise & Outdoor Play

Kids 3-5 need 3 hours of exercise a day. Kids 6 and older need 60 minutes of vigorous activity a day. Outdoor play also helps clear the mind.

3. Create a Quiet Time Habit

We are the most rushed and overstimulated generation of all time. Romans 12:2 urges us to not be confirmed by the pattern of this world. A habit of quiet time trains your child's mind to focus and builds spiritual discipline of peace

4. Support Healthy Sleep and Nutrition

Adequate sleep is needed for the natural chemicals in our brain to rebalance and convert short term memory to long term, and allow us to focus the next day. Adequate macro and micronutrients are also key for attention. Limit sugar

5. Practice Attention Building

Play games as a family that build attention span and memory processing. Jigsaw puzzles, memory games, logic puzzles, lehis/k'nex/any building activity, all support focused attention development.

Cognitive development is a core component of child development. Executive function is a term that refers to set of cognitive skills involved in the control of attention, self-regulation and reactivity, processing speed, and cognitive flexibility. These skills support the 3 components of cognition — **attention, memory & intelligence.**

Children who have trouble focusing attention may have any number of thoughts, feelings and unmet needs distracting them.

This guide can help kids gain self-awareness and problem solving skills to address their focus troubles.

If troubles persist, talk to your pediatrician, therapist or parent coach.

Reminder

1. Traditional classrooms are oriented toward **analytical** intelligence, and lesser toward **creative** or **practical** intelligence, which are essential in the real world.
2. **Boys** tend to have a tougher time sitting still in class, because they naturally have more **energy.**
3. Every child is uniquely and wonderfully made. Work with their classroom teacher to provide **equity** for success in the classroom by meeting their needs in unique ways

Connect with us!

Are you ready to transform your parenting journey and build stronger connections with your children?

Taking the first step is easy! Scan the QR code below to be redirected to our website, www.thekairosbridge.com. From there, you can book your **FREE 15-minute consultation** by selecting an available time on our calendar (our slots fill up quickly, so don't wait!).



During the consultation, we'll discuss your parenting goals, challenges, and how we can support you on your journey.

This is a no-pressure opportunity to share your concerns

and explore the best path forward together. Let's connect and take the first step toward building stronger, healthier relationships with your kids!

I know how challenging parenting can feel. I've been there too, feeling lost and overwhelmed. But I turned things around, and now I'm here to guide YOU on this transformative journey. Together, we'll create a calm, loving, and connected environment for your family. Your breakthrough starts with a single message. Don't wait, let's chat today!

Your dedicated coach,

Bethany H.



Grab our books on Amazon!



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@BethanyHeyneWrites



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