

# Caregiver Series:

2nd Edition

## Increase Focus



CONTACT US!

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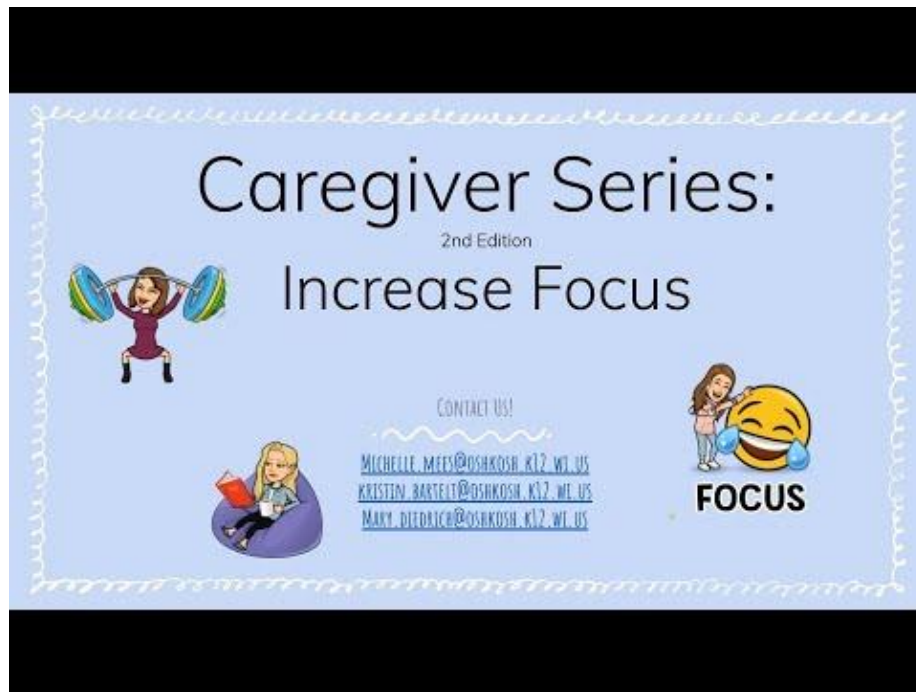
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**FOCUS**

Watch the presentation for more ideas and  
suggestions!  
Wishing you Well,  
Michelle, Kristin & Mary

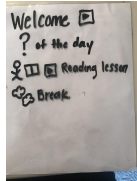
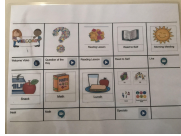


Join Michelle, Kristin, and Mary to ask questions and share other ideas regarding increasing focus during our **open office hours** on **Thursday October 15 at 9:30am**. Join our Zoom meeting by clicking here: [Learning Spaces & Schedules Zoom](#).



# Staying Focused Overview

- Daily Schedule
  - [Caregiver Series 1: Learning Spaces & Schedules](#)
- Take Breaks
- Flexible Seating
- Focus tool (teach appropriate use)



UNDERSTANDING *why*  
A KID IS CHALLENGING  
IS THE FIRST AND  
*most important*  
PART OF HELPING THEM.

-DR. ROSS GREENE

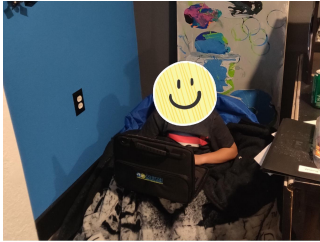
MISS*behavior* >>>

**Goal: Show your learning by completing your work.**

# Flexible Seating

## Why

- Allows kids to wobble, rock, bounce, lean or stand
- Increases oxygen flow to the brain
- Increases blood flow
- Keeps minds more alert and focused

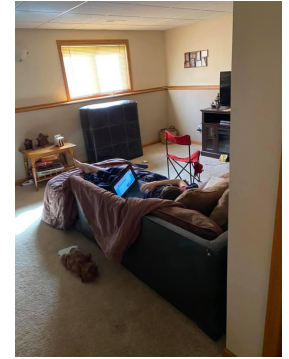


## How

- Choice
- Explain: meeting spots vs independent work spots
- "I know that area is helping because your work is getting done."

## Ideas

- Yoga mat
- Rocking chair
- Scoop chair
- Cushion on floor
- Video game chair
- Beanbag
- Inside a fort
- Pillow in a laundry basket
- Beach chairs
- Exercise ball
- Stability Disk underneath
- Tennis balls on opposite chair legs to wobble chair
- Standing
- Floor
- Exercise bike



## Tips

- Earned Breaks
- Scheduled Breaks
  - Remember 1 minute per year of age
- Set expectations
  - What they can do
  - When they can do it
- Timers
  - Who sets it
  - What to do when the break is done
- Together

# Taking Breaks

PLAY IS OFTEN TALKED  
ABOUT AS IF IT WERE  
A RELIEF FROM SERIOUS LEARNING.  
BUT FOR CHILDREN PLAY  
IS SERIOUS LEARNING. PLAY IS REALLY  
**THE WORK  
OF CHILDHOOD.**  
-FRED ROGERS



[See last page for resources!](#)

## Types of Breaks

[See last page for resources!](#)

- Big Body (Gross motor)
  - Pushing the wall
  - Jumping jacks
  - Running in place
  - Carrying heavy objects
  - Swinging
  - Rolling
  - Somersaults
  - Riding bike
  - Going for a walk
- Tactile (touch)
  - Tubs of rice, beans, macaroni
  - Shaving cream, play-doh
- Cross Body Movement
- Helping
- Free Play

# Focus Tools

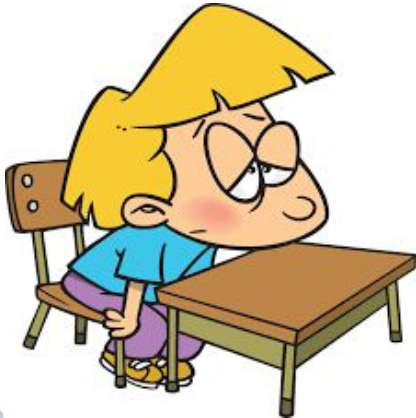
## What

- Fidget: to move in a restless way
- Focus Tool: Occupies the restlessness while allowing your brain to focus on the most important task

## Ideas

- Squish ball
- Stuffed animal
- Weighted blanket
- Chewing
  - Gum
  - Pieces of straw
  - Chew necklace
  - Water bottle top
- Thinking putty
- Play doh
- Velcro to rub
- Fidget Spinner
- Rubber band
- Clicking a pen
- Pipe Cleaner

Work with your child to develop expectations that work for both of you!





# Resources

Flexible seating links:

Scoop Chair

- [Walmart](#)



Exercise Ball

- [Amazon](#) (with feet)
- [Amazon](#) (no feet)
- [Walmart](#)

Yoga Mat

- [Amazon](#)
- [Walmart](#)

Stability Disk

- [Amazon](#)
- [Walmart](#)



Movement break links:

[Go Noodle](#)

[Awesome Brain Breaks by Dr. Beurkens](#)

[Yoga for Kids Video](#)

[gozen.com](#)