

Dear Families/Caregivers,

Focus is the ability to direct one's attention and ignore distractions. Being able to focus helps children learn. With practice, the brain can be trained to better focus its attention to learn and reach goals. This year we are learning strategies to increase time focused on task.

We have been learning some strategies to help us focus our attention on what we are learning. Here are some strategies to help stay focused:

- **Take a big breath and decide to focus.**
- **Look at what needs your focus.**
- **Listen to what needs your focus.**
- **Bring your attention back.**
- **Take a break.**
- **Keep practicing.**

Here are some things you can do to help your child focus better at home:

- After school, encourage your child to take a break and do something he or she enjoys doing before focusing on homework. Provide a nutritious snack.
- Set aside a quiet place for him or her to do his or her homework and/or study. Know your child's learning style. If your child is easily distracted by noise, provide him or her headphones or ear plugs while studying.
- Challenge your child to try a new activity and focus on improving their ability to complete the activity. New activities take more focus. Consider using physical challenges such as yoga, meditation, or running.