



SM K-1 L2 MY FOCUS FINDER

Grade: K-1

Competency Area: Self-Management

Lesson Title: My Focus Finder (Lesson #2)

T-SEL Standard: 2.G.1. Students begin practicing self-monitoring thoughts and actions and asking for help to stay motivated and focused.

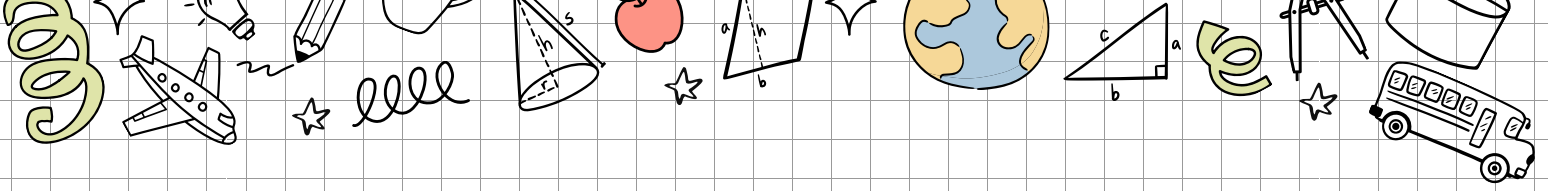
Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

- 1. Introduction:** Begin by gathering the students in a circle. Ask them, "Have you ever heard of the word focus before?" Instruct students to turn and talk to a partner about what they think the word focus means. Explain that focus means to pay attention to one thing at a time. Next, ask students to raise a hand if they have ever had a hard time with focus.
- 2. Drawing Activity: "My Focus Finder."** Explain the activity: "Today, we are going to draw a special magnifying glass on our backpacks called our Focus Finder."
 - Provide each student with a copy of the Focus Finder worksheet. Instruct them to slide it into the back of their backpacks so they are ready to draw on it.
 - Tell students to draw something inside the magnifying glass's circle that they need to focus on at school or home. Examples could be: listening to the teacher, reading a book, doing a puzzle, finishing a drawing, or cleaning up toys.
 - Around the outside of the magnifying glass, have them draw small, faint pictures of things that might distract them (e.g., a friend talking, a toy, a bird outside the window).
 - Encourage students to color their Focus Finder brightly to show how it helps them make their important task stand out.





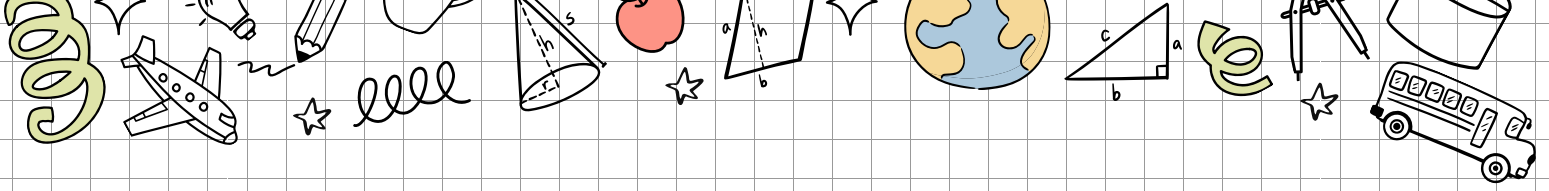
SM K-1 L1 MY CALM-DOWN CLOUD (CONT.)

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3. Sharing and Discussion: Once the drawings are complete, invite several students to the front of the group to share their drawings. End the lesson by reminding students that their Focus Finder is a great tool to help them concentrate and achieve their goals, whether it's learning something new or finishing a task.





MY FOCUS FINDER

