

# Staying Focused

Try these strategies to help you stay focused in class

**Get a drink of water**



**Talk to an adult I trust**



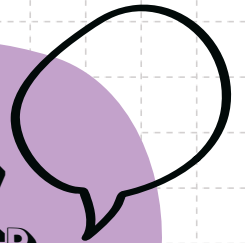
**Massage my ears**



**BREATHE SLOWLY AND STEADILY**



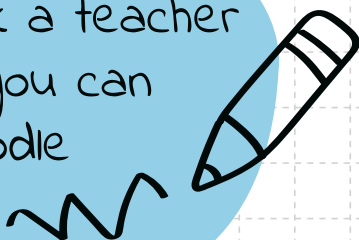
**ASK MY TEACHER FOR HELP**



**Set up a space free from distractions**



Ask a teacher if you can doodle



**Stretch**



## **Staying Focused**

**Do they struggle to stay focused in class?**

**Why do they struggle to stay focused?**

**What happens when they can't or don't focus?**

**Explain that the child should only use the strategies in the activity if applicable.**

**Can they think of any others?**