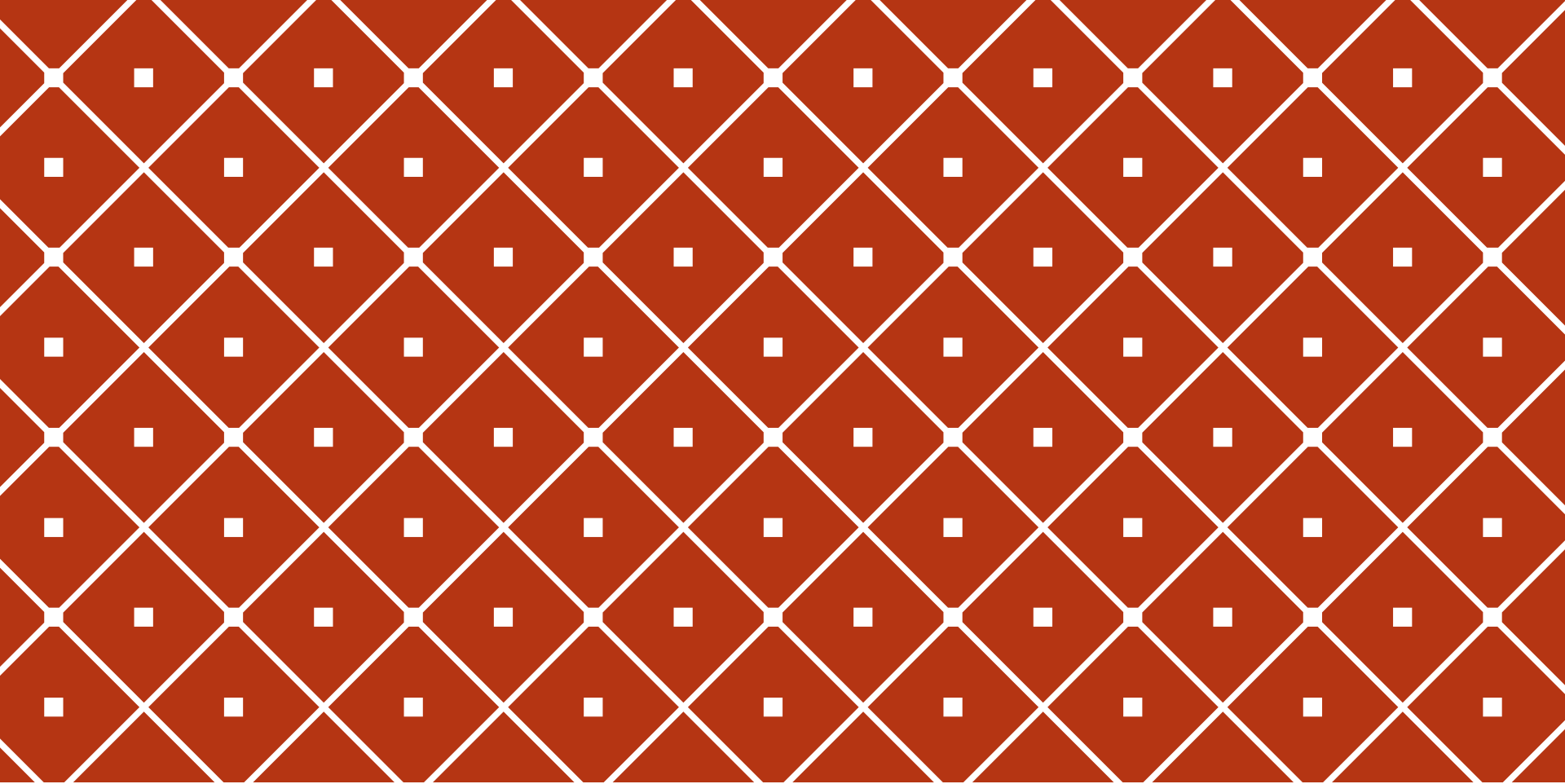




Character Development | ***Focus***

www.hobbsscrew.com

Dear Parent or Teacher,

Thank you for downloading Character Development, Focus. Please visit our website, www.hobbsscrew.com for a link to our YouTube video demonstrating this lesson.

I hope this lesson brings *Focus* to your family!

Kaycee

LESSON PLAN: DAY ONE

1

Learn It:

Present the **Triangle of Focus** to the child. Print a copy to hang as a reminder.

Discuss how it applies to the life of the child.

2

Experience It:

Give the child the Experience It Activity Instructions.

Read the Experience It: Oral Instructions aloud to the child.

3

While the child is doing the activity, distract them as much as you can.

Distraction Ideas:

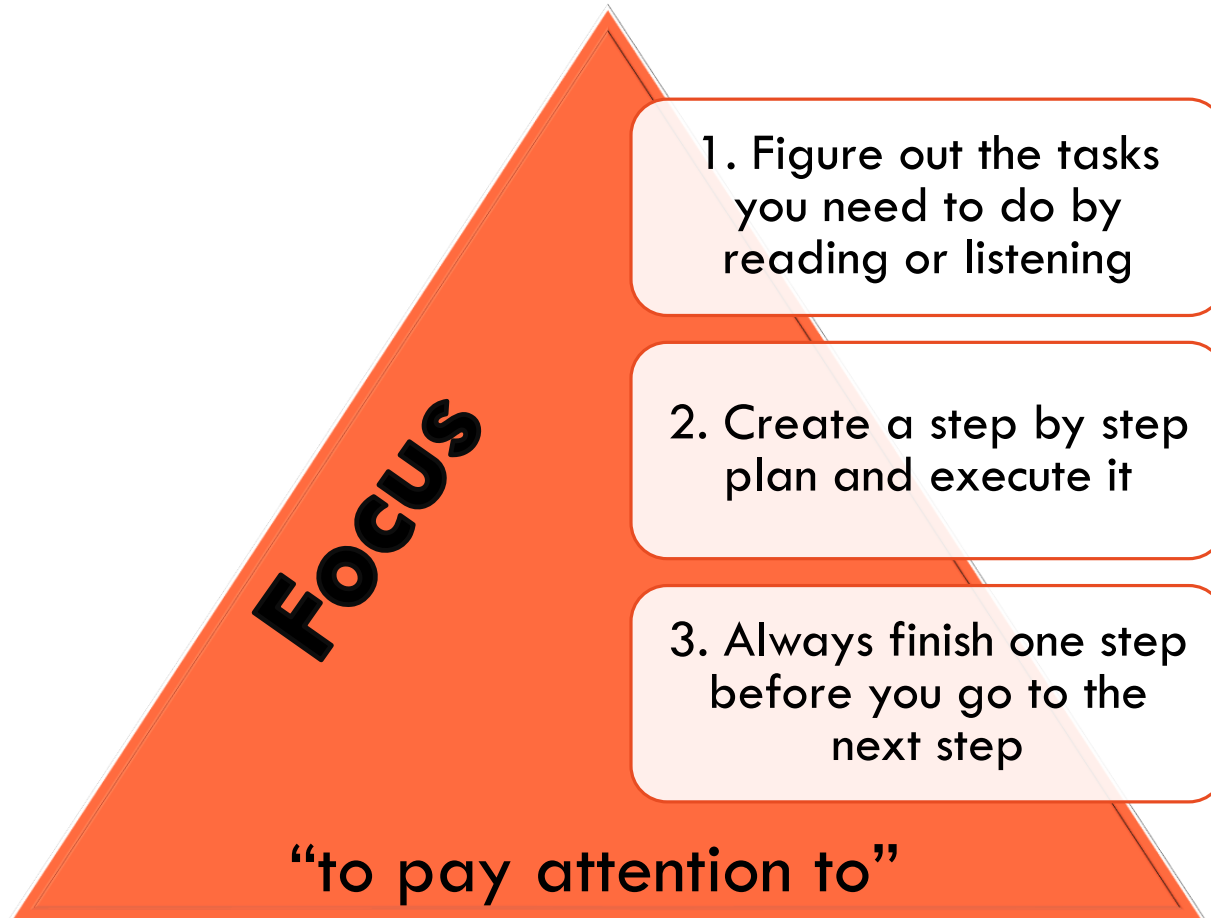
Chase them
Get in their way
Eat a snack

4

When finished, sit down and discuss how it went. What went well? What needs to be improved?

Reward the child with a small prize for every time they did not get distracted during the activity and stayed focused.

LEARN IT: TRIANGLE OF FOCUS





***EXPERIENCE IT:* ORAL INSTRUCTIONS**

PLEASE COMPLETE THE FOLLOWING *TASKS* USING
THE *“TRIANGLE OF FOCUS.”*

STAY FOCUSED AND DON'T LET ANYTHING DISTRACT
YOU.

WARNING: THERE WILL BE DISTRACTIONS ALONG THE
WAY!

EXPERIENCE IT: ACTIVITY INSTRUCTIONS

Tasks

Pick up 3
pieces of trash
from the yard.

Run 3 laps
around the
house.

Collect 3 rocks.

Do something
helpful for
someone else.

Draw a picture
to brighten
someone's day.

Focus

1. Figure out the tasks you
need to do by reading or
listening

2. Create a step by step plan
and execute it

3. Always finish one step
before you go to the next step

“to pay attention to”

LESSON PLAN: DAY TWO

1

Learn It:

Discuss the **Triangle of Focus** with the child. How has it been going? Where are they struggling with this concept?

Discuss how making a plan and executing it step by step saves time.

2

Experience It:

Set a timer. Make a peanut butter and jelly sandwich by taking as much time as you can.

Get one thing at a time. Get distracted and confused. Forget what you are doing. When you are done, stop the timer and record your time.

3

Make a second peanut butter and jelly sandwich. This time have the child help you develop a step by step plan.

Brainstorm ways to save time and stay focused.

4

Start the timer and make the sandwich using the new plan. When you are done, stop the timer and record your time.

Compare your times. Discuss how being focused saves time. Enjoy your sandwiches together!

CHARACTER DEVELOPMENT FOCUS

**It's not always about
what you do but how
you do it.**