

# Focusing Through Distractions #1

## Tree It and Changing Channels

for older children



An exercise that teaches children how to relax by relaxing different muscle groups in their bodies.



### Get Ready!

**Resources** Audio Track # 12

**Teaching Point** This is an exercise in focusing, listening and remembering. Two stories will be told at the same time – “Tree It” in a man’s voice and “Changing Channels” in a woman’s voice. Listeners will choose to listen to only one of the voices.

**Other Ideas** ▶ Use “props” such as a garbage can or a drawer where children can place angry feelings, worries or frustrations.

### Get Going!

**To Begin** Does anyone have any thoughts to share on how to really listen?

- Activity**
- ✓ Explain that there will be two voices and that children should decide to listen to either the man’s voice or the woman’s voice.
  - ✓ Challenge listeners to listen very closely to one story and remember as much as they can.
  - ✓ Listen to the audio.
  - ✓ Ask children to recount the story they heard, giving as much detail as possible. This can be done in small groups or in the larger group.

**Wrap-up** Were you able to listen to one story completely? What did you do that helped you listen effectively? Was there anything that would have helped you listen more effectively?

What did the story about Tree It/Changing Channels talk about? Probe for details.

How could you use what you heard in the Tree It/Changing Channels story?

Probe for positive examples of when and how children think that they could use Tree It/Changing Channels.

**Homework** If you feel angry, mad, worried or stressed this week see if you can use Tree It to put those feelings aside or try to use Changing Channels to focus on something more positive.

This activity is provided with the permission of Dr. Terry Orlick. His newest book: *“Positive Living Skills: Joy and Focus for Everyone”* can be found at [www.zoneofexcellence.ca/index\\_new.html](http://www.zoneofexcellence.ca/index_new.html) or [www.zoneofexcellence.ca/products\\_new.html#books](http://www.zoneofexcellence.ca/products_new.html#books), and is also available on Amazon.com.