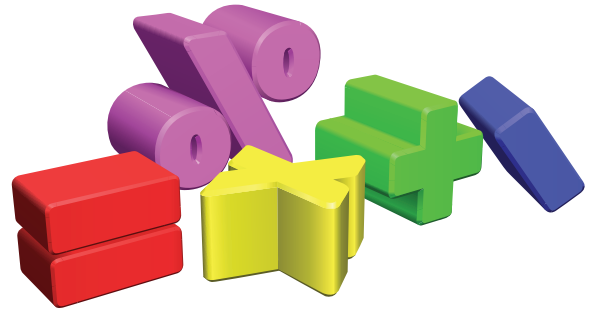


# Focusing Through Distractions #2

for older children

A focusing exercise that requires children to listen closely in spite of distractions to solve a mathematical challenge.



## Get Ready!

**Resources** Audio Track # 13

**Teaching Point** You need to have a strong focus on what you are doing or what you are listening to so that you can learn things and solve problems.

**Other Ideas** **▶** At first children might want to use a pencil and paper to help them answer the mathematical challenge. As their focusing and listening abilities improve challenge them to try the activity without the pencil and paper.

## Get Going!

**Activity**

- ✓ Explain that to get a right answer to the question on today's audio children will have to focus on listening completely. Be sure to remind children what day of the week it is (Monday, Tuesday, etc.) as they will need to know this to solve the mathematical challenge.
- ✓ Listen to the audio.

**Wrap-up** How did you feel doing the Focusing Through Distractions activity?

Were you able to stay focused on listening to the instructions so that you could add and subtract the numbers even though there were lots of distractions?

When you were able to stay focused on listening, how did you do it?

Do you think you could focus more fully now when you are in class, doing homework, playing sports or listening to people who are talking to you?

**Homework** Practice focusing fully on listening every day. See how good you can get.

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.