



## Lesson Concepts

- Focusing attention involves using eyes, ears, and brain.
- You can focus your attention just by thinking about it, and the more you do it, the better you get at it.
- Using self-talk helps you focus attention.

## Key Words

Skills, focus, attention, distract

## Objectives

Students will be able to:

- Name and demonstrate the Listening Rules
- Demonstrate attention skills in the context of a game

## Materials

- CD player and *Sing Out Loud* CD
- Puppy and Snail
- Following Through Card 2
- Skills for Learning poster
- Listening Rules cards
- Lesson 2 Home Link

## Why This Lesson Matters

To succeed in school, children need to be able to ignore distractions while focusing their attention. This is an important Skill for Learning that helps students pay attention both to what is important in the classroom and to their peers when playing.

## Teaching Notes

This lesson teaches a concrete metaphor for focusing attention: the “attent-o-scope.” Students cup each eye with a hand to form binoculars that prevent them from using their peripheral vision and help them focus on one object. Students first form their attent-o-scopes and focus their eyes on an object, then put their hands down but maintain their focus and avoid looking at other things.

This lesson introduces the “Think” part of the Think, Turn, Tell interactive learning strategy. It is important for students to understand they do not put their hands up during Think, Turn, Tell, and any one of them could be called on, so they each need to think of an idea.

## Warm-Up

### Review

**P** Have students sit. **Puppy is going to join us again today. Hello, Puppy!** Puppy barks and jumps up and down. **It looks like Puppy forgot the Listening Rules from our last lesson.**

**Let’s remind Puppy of the Listening Rules.** Refer to the Listening Rules cards.

- **Eyes watching.** Point to the corner of your eye.
- **Ears listening.** Cup your ear with your hand.
- **Voice quiet.** Put your finger to your lips.
- **Body still.** Hug your torso with both arms.

**Puppy, do you think you can follow these rules?** Puppy nods and settles on the floor beside you.

### Introduction

**Today you will practice listening and then thinking about what you heard. You will listen to “The Learner Song,” which is about things students do to learn. We call these things they do *skills*. As I play the song, I want you to listen for the skills that learners need. Touch your head when you hear one.**

**Play the song.**

**Now think back and remember one skill that learners need that you heard in the song.** (Focus attention. Listen. Use self-talk. Be assertive.) Give students think-time. **When someone I call on says a skill from the song that you heard too, put your thumbs up.** Call on one or two students at random. Have students who do not have an idea when called on listen to the others. Then call on those students again.

**Great listening, thinking, and remembering, everyone! Now it’s time for our story.**

## Story and Discussion

Show the photo. **This is Caleb. He is listening to his teacher explain a numbers project.**

**1. Look carefully. What do you notice about Caleb’s face and body?** Give students time to look. Call on one or two students at random. (He is sitting up straight. His eyes are looking straight ahead. He is not fiddling with anything.) **He is focusing**



Caleb

**his attention on the teacher. Put your thumbs up if you noticed the same thing.**

**Caleb’s teacher taught him a way to focus his attention. I will teach you the same skill. When you *focus your attention* on something, you are using your brain (touch your head) to think about it, as well as your eyes (point to corner of each eye) and your ears (touch your ears). Focusing attention is an important skill for learning.**

**2. Raise your hand if you have heard of a telescope. Who can tell me what a telescope does?** Call on one or two students at random. (Various answers.) **A telescope is for looking at things that are far away. It makes those faraway things big so you can see them.**

**3. Put your hands around each eye, like this.** Model making binoculars with your hands. **This is your attent-o-scope.** Have students put their hands down.

**An attent-o-scope is for paying attention to things. It helps you pay attention just to the things that are important so they become big in your attention. It shuts out the other things that could take your attention away.**

**4. Make your attent-o-scope again, and focus it on the clock. Now put it down, but pretend your attent-o-scope is still there.** Repeat this process with a few other things in the room. **Pretending you have an attent-o-scope helps you really focus and shut out things that could *distract* you.**

**You switch your pretend attent-o-scope on with your words. When you say to yourself, “Focus attention,” or “Look carefully,” or “Listen,” you are switching on your attent-o-scope. To help yourself learn, you have to switch on your attent-o-scope and focus your attention.**

## Skill Practice

**P** **Everybody stand up!** Hold up Puppy and Snail. **This is Puppy’s friend Snail. Puppy and Snail will join us for a game of Follow, Follow. This time you follow Snail. So the rule is, only do what Snail tells you to. Repeat the rule. Puppy will try to trick you by telling you to do things, too.**

**Make your attent-o-scope. Say “Focus attention” to switch it on. Focus it on Snail. Now put it down and pretend it is still there.** Practice the game slowly. As Snail or Puppy, have students touch one or more body parts.

1. Snail: **Follow, follow. Touch your nose.**
2. Give wait-time for students to do the action.
3. Puppy: **Follow, follow. Touch your head.**
4. Give wait-time. Students should keep touching their noses and not obey Puppy.

Play the game for a few rounds. Acknowledge students for staying focused and following the rules. See Following Through Card 2 for additional challenges.

## Wrap-Up

**Today you learned how to focus your attention by pretending you have an attent-o-scope. Learners need to focus their attention. Make your attent-o-scope and focus on the poster. Point to the word “Focus” on the Skills for Learning poster. You need to use your eyes, ears, and brain to focus attention. Let’s say and point to the body parts you need. Have students repeat and point to eyes, ears, and brains. The more you practice, the better you get at focusing attention. Before we do an activity in school, I will remind you to switch on your attent-o-scopes.**

**Following Through:** Skills and concepts are retained best when regularly practiced and reinforced. See Following Through Card 2.

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