

A decorative border made of small red dots forming a rounded rectangle.

FocusedKids™
Classroom Training Implementation

FocusedKids
Classroom Training
1st-2nd-grade

Lesson 1: 40 minutes

1. Circle time and chime exercise
2. Introduce three parts of the brain
3. Introduce and practice the breathing ball - using the breath
4. Offer the guard dog coloring page
5. End with the chime

Provide teacher with suggested practice schedule for each week, and the FK Mini Book.

Lesson 2: 30 minutes

1. Circle time with chime and tree pose (using the body)
2. Review parts of the brain
3. Introduce and practice "Settle Your Glitter." - Using your senses = seeing
4. Offer the coloring page: Owl with glitter jar
5. End with the chime and the turtle pose

Lesson 3: 30 minutes

1. Circle time with the chime and "elephant shower" (using bad and breath to release excess energy)
2. Review and check-in
3. Introduce and practice the pinwheel and the stress ball
4. Introduce the whole calm down basket
5. Offer coloring page: "Calm Down Corner"
6. End with the chime and gratitude stone

Over the next four weeks, follow-up with teacher with email and blog.

Lesson 4: 30 minutes

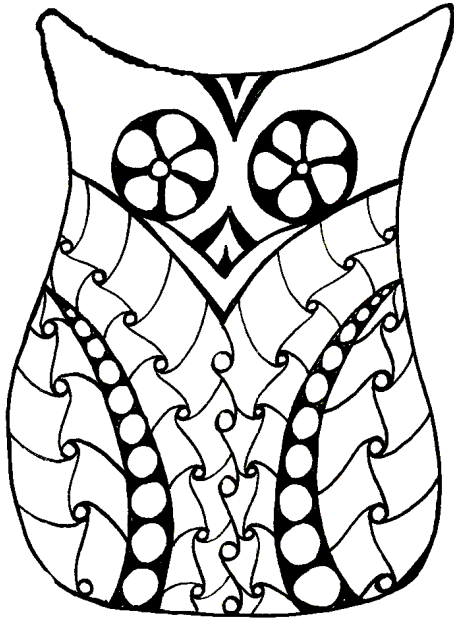
1. Review the brain parts
2. Ask class to demonstrate their favorite tools, and any new ones they may have created
3. Query whether/how exercises are helping them
4. Talk about feelings and introduce "Hug the Monkey"
5. Offer coloring page: "Hug the Monkey"
6. End with chime and friendly wishes

Continue follow-up with teachers and offer follow-up classes if needed.

Teacher post-survey: https://www.surveymonkey.com/create/preview/?sm=4DaRAMmjlV78J7YRqFFuprKK0ptBnH93Ff7E7W4cSEo_3D

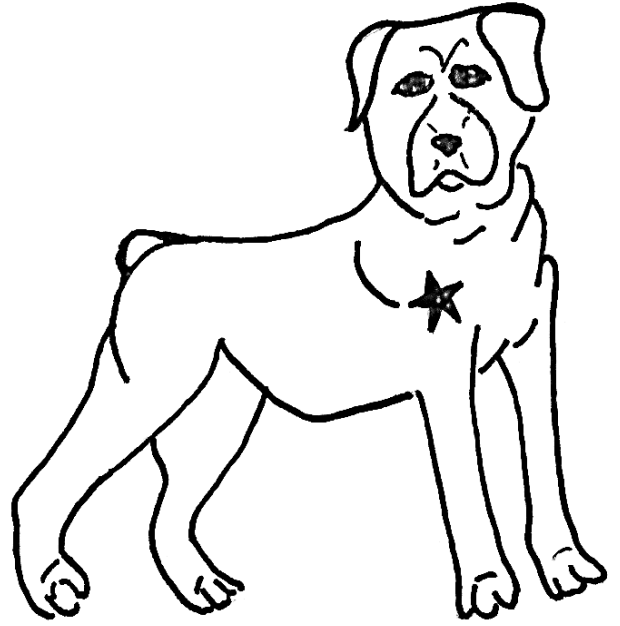
Students: Brain Test

FocusedKids
Brain Test



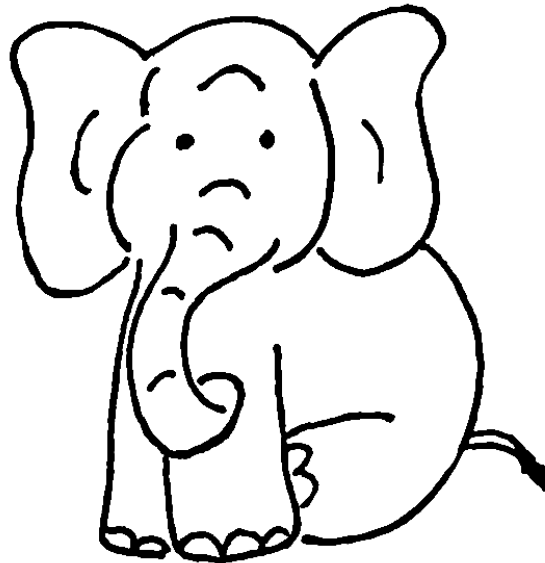
Name _____

Job _____



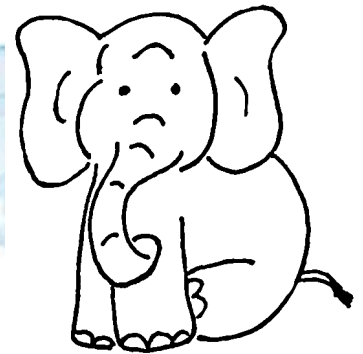
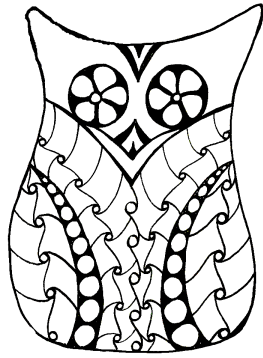
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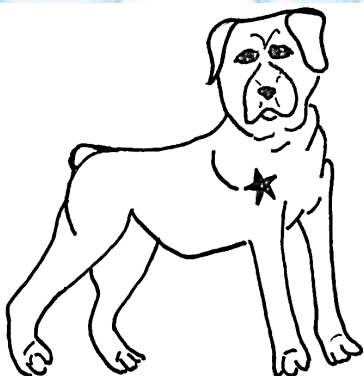
Name _____

Job _____



Dear Family: Today I completed the FocusedKids program. I learned about my brain and how to be in charge of it. When I am upset and need to calm down, I take a deep breath and exhale slowly using bubbles or a breathing ball. When I need to focus, I can watch the glitter settle in the glitter jar, or study a rock. Sometimes I might need to just relax in a calm place until my brain and body have settled.

When I am calm and focused I am happy!



Name _____