



FocusedKids™

Classroom Training Implementation

FocusedKids
Preschool-Kindergarten Classroom Training

Lesson 1: 20 minutes

1. Circle time and chime exercise
2. Introduce one part of the brain: amygdala/guard dog
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: 20 minutes

1. Circle time with chime and tree pose (using the body)
2. Introduce second part of the brain: prefrontal cortex/wise owl
3. Introduce and practice "Settle Your Glitter." - Using your senses = seeing
4. Offer the coloring page ?
5. End with the chime and the turtle pose

Lesson 3: 30 minutes

1. Circle time with the chime and "elephant shower"
2. Introduce third brain part: hippocampus/Ms Elefante
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

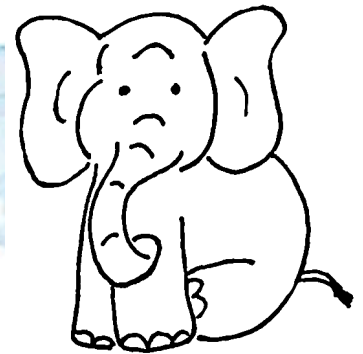
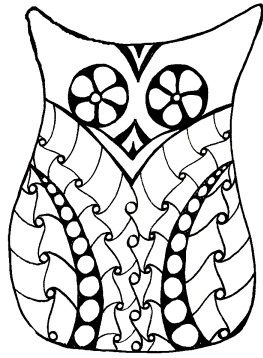
Over the next four weeks, follow-up with teacher with email and blog.

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

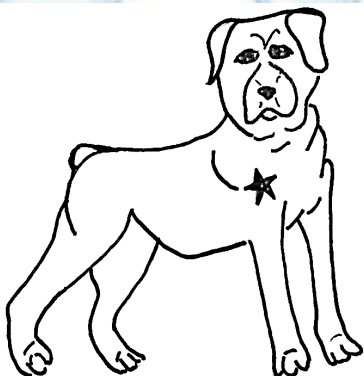
Once a month follow-up in the classrooms. Teacher post-survey: https://www.surveymonkey.com/create/preview/?sm=4DaRAMmjiV78J7YRqFFuprKK0ptBnH93Ff7E7W4cSEo_3D

Students: Brain Test



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 _____