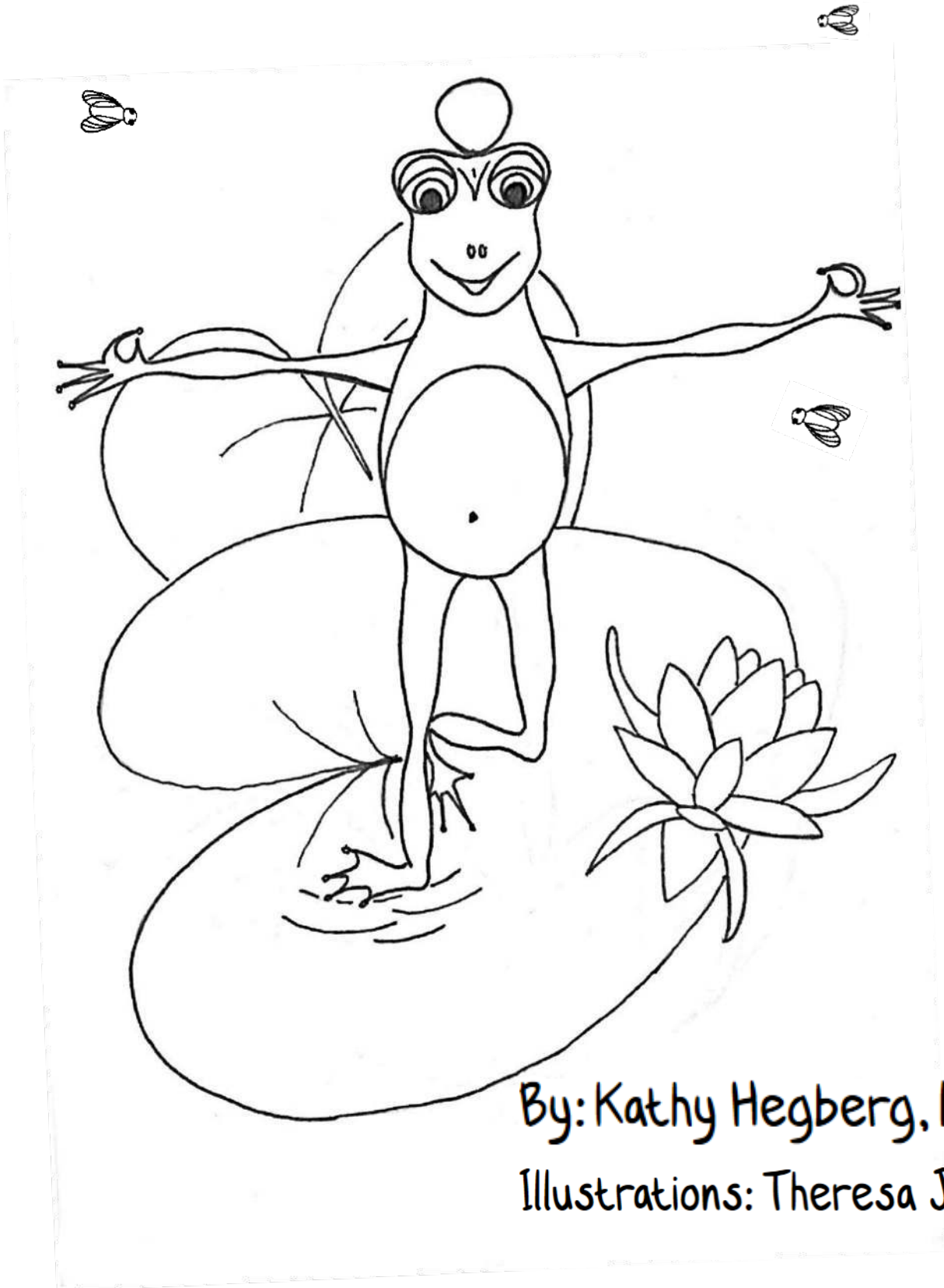


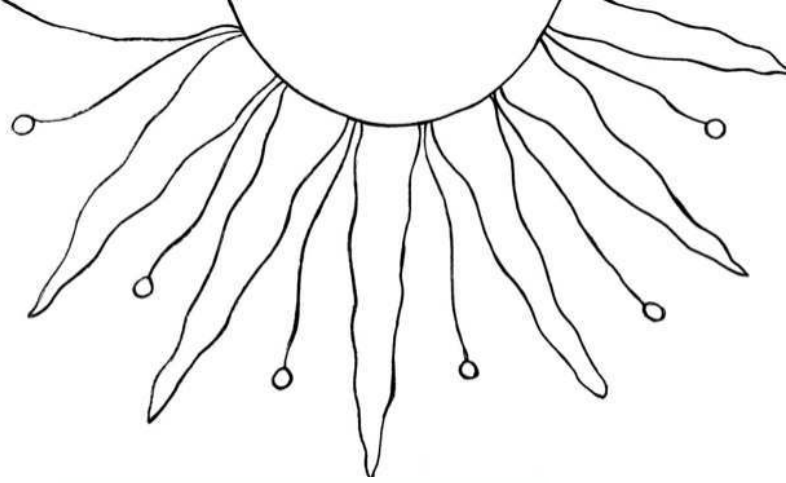
# The Story of Focused Frog



By: Kathy Hegberg, M.A.

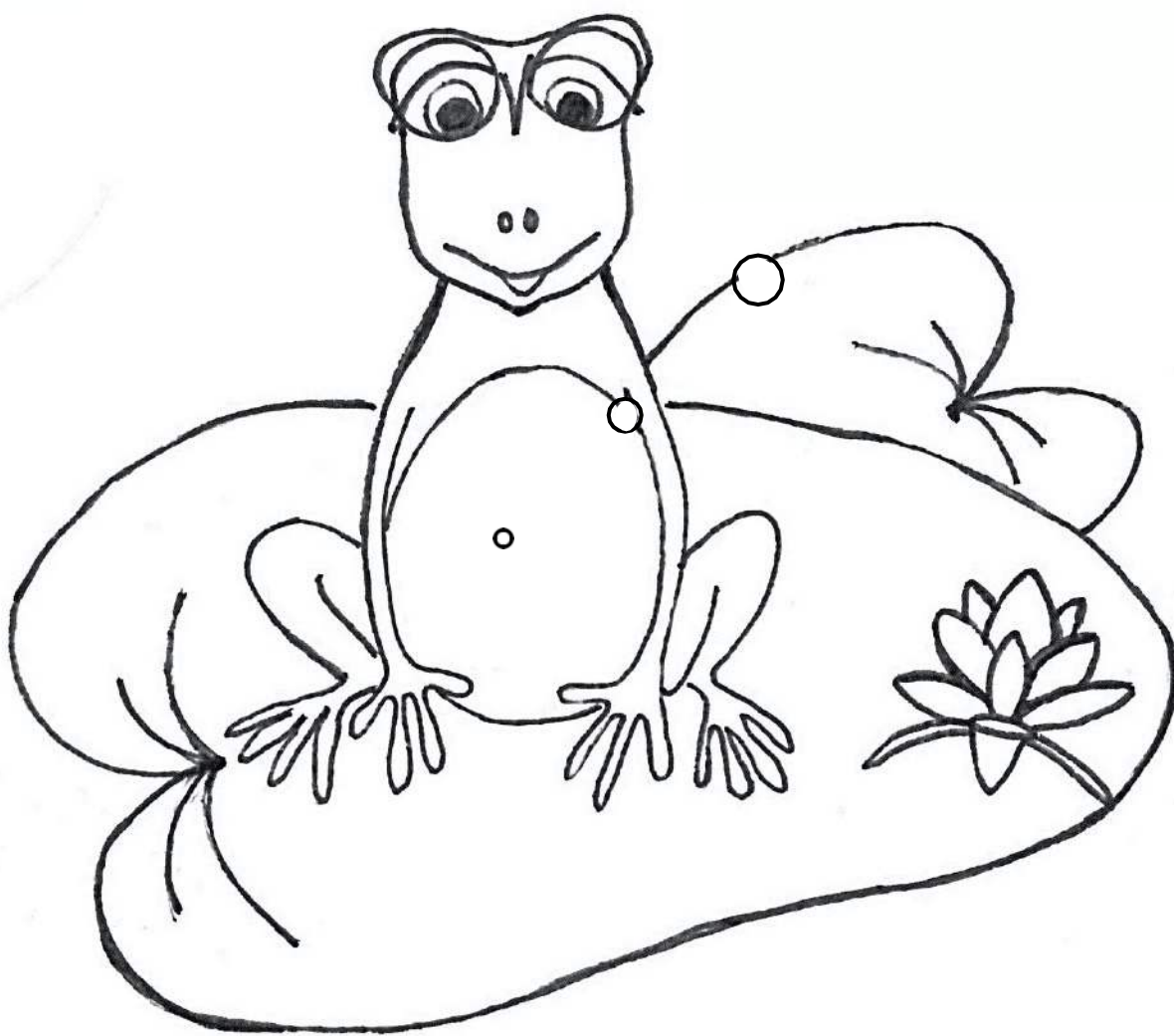
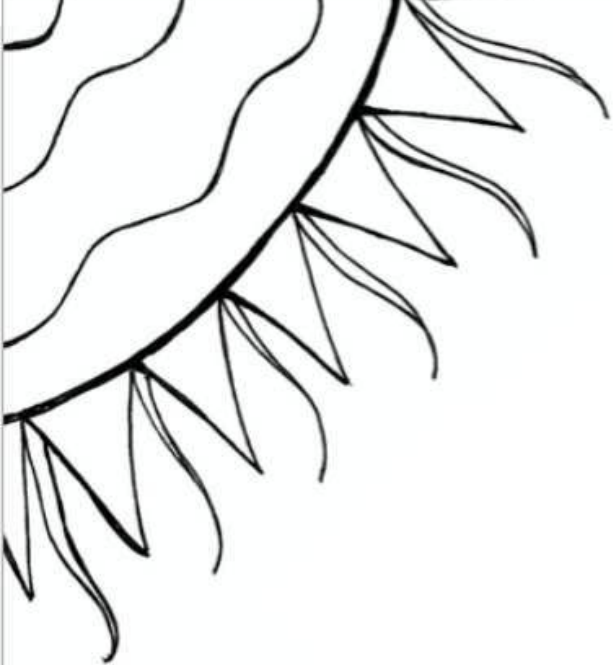
Illustrations: Theresa Jones



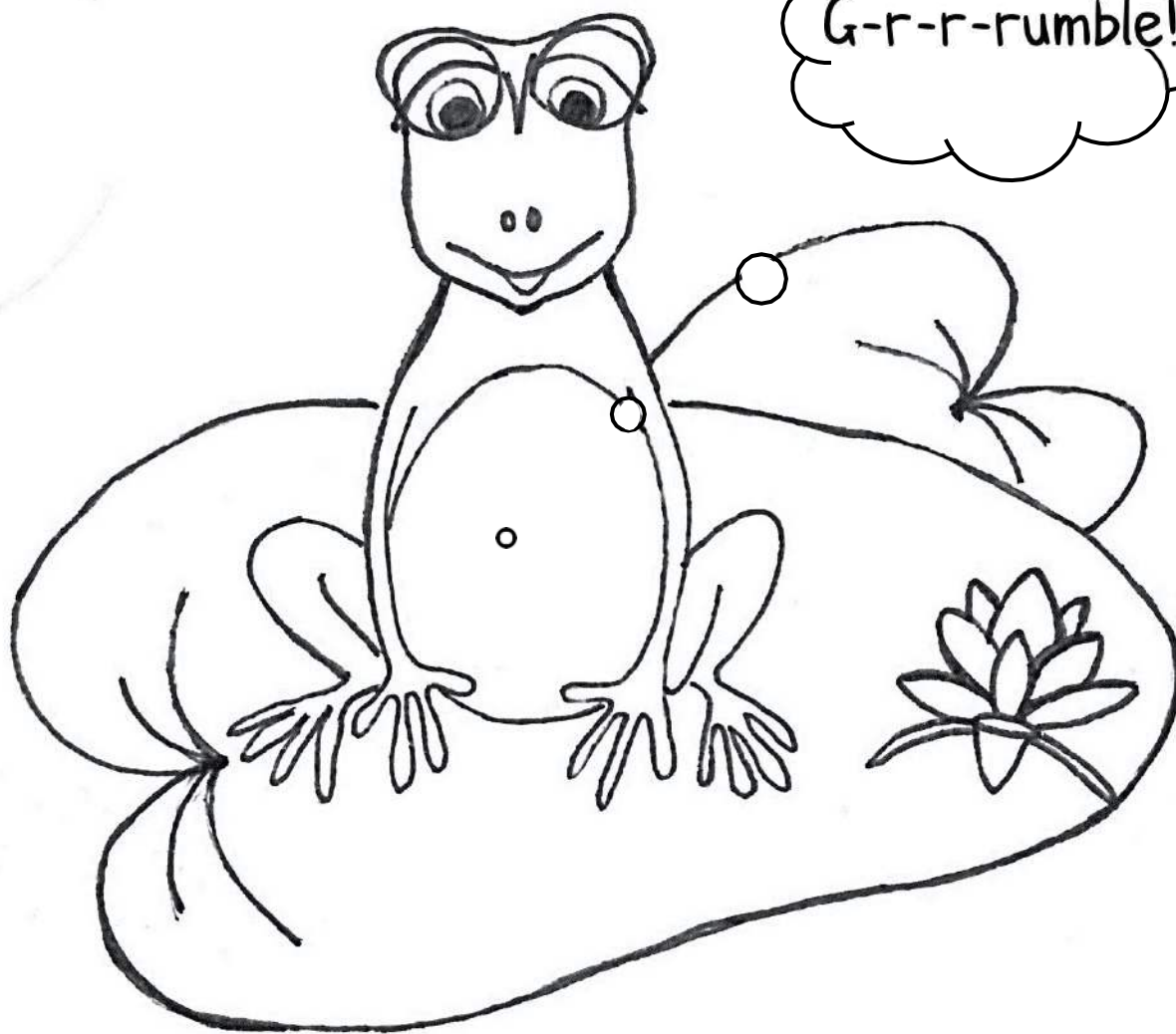


There is a Frog who lives in a bog...





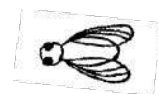
...and sits on a lily pad, enjoying the day.

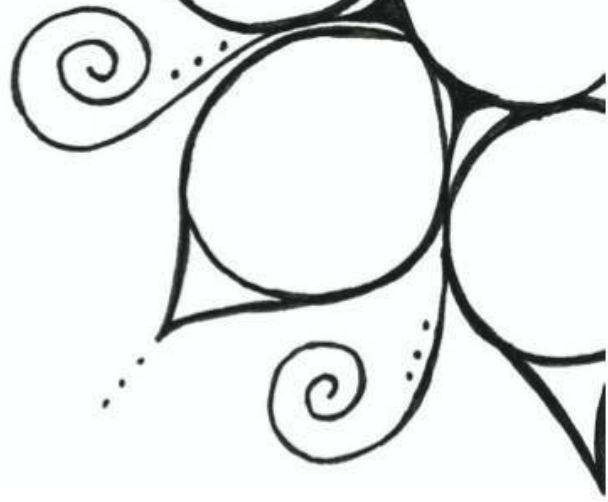


All of a sudden its tummy felt BAD.

H-U-N-G-R-Y!

Now you know what frogs eat, right?



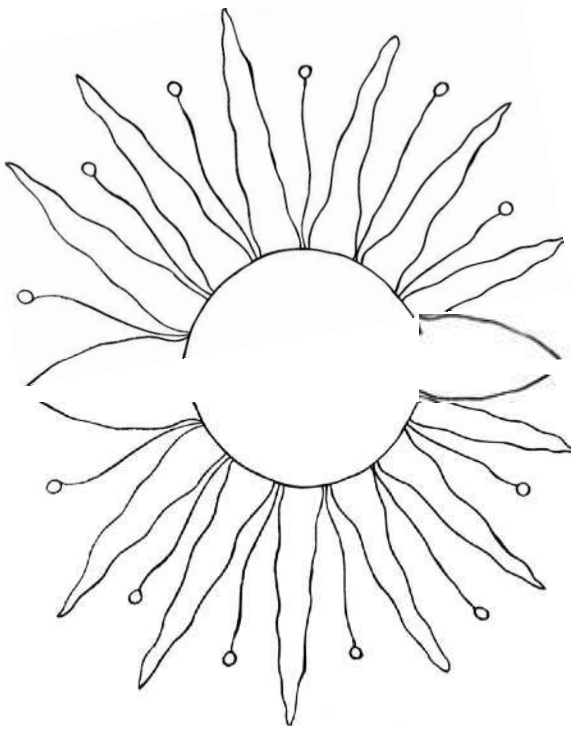


No, silly! Not ICE CREAM!!!

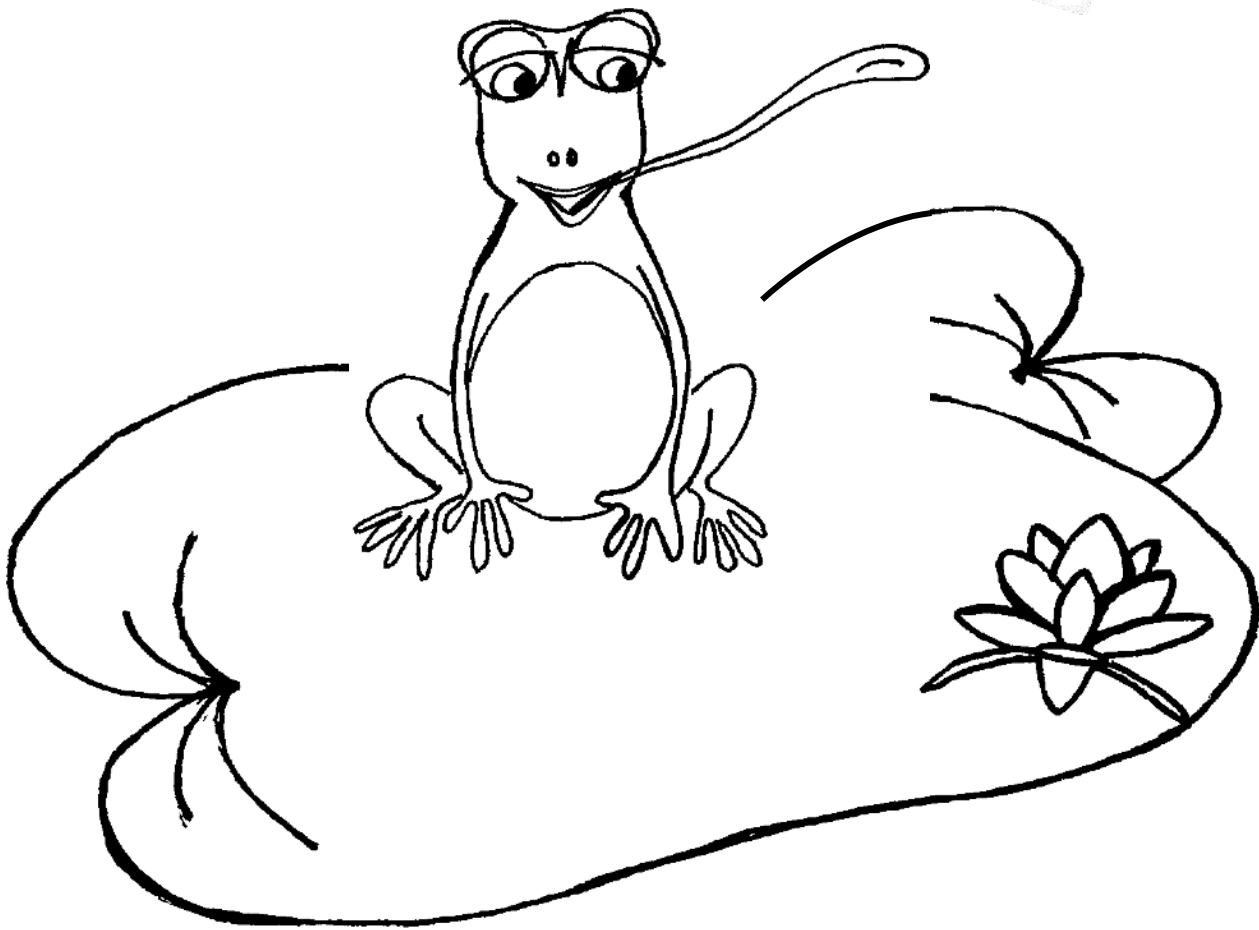
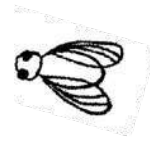




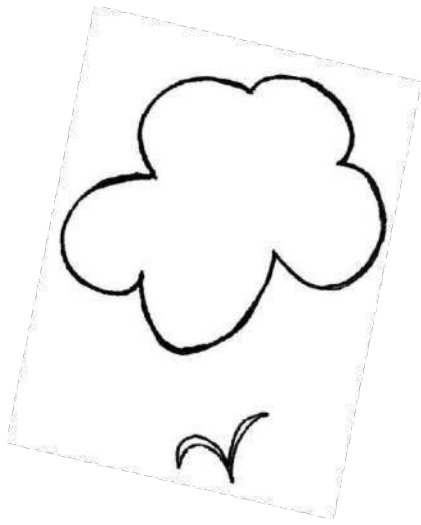
You're right!



Frogs eat flies!



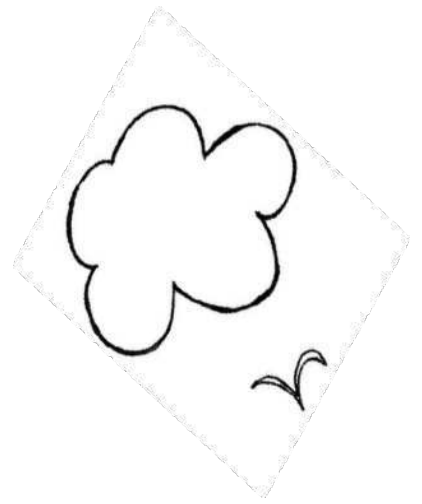
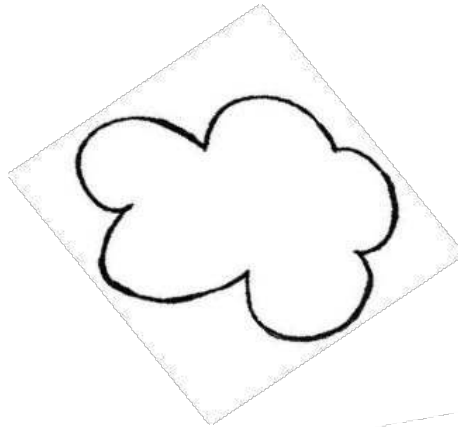
They catch them with their l o n g tongues.



But our frog is different. Frog has no tongue!



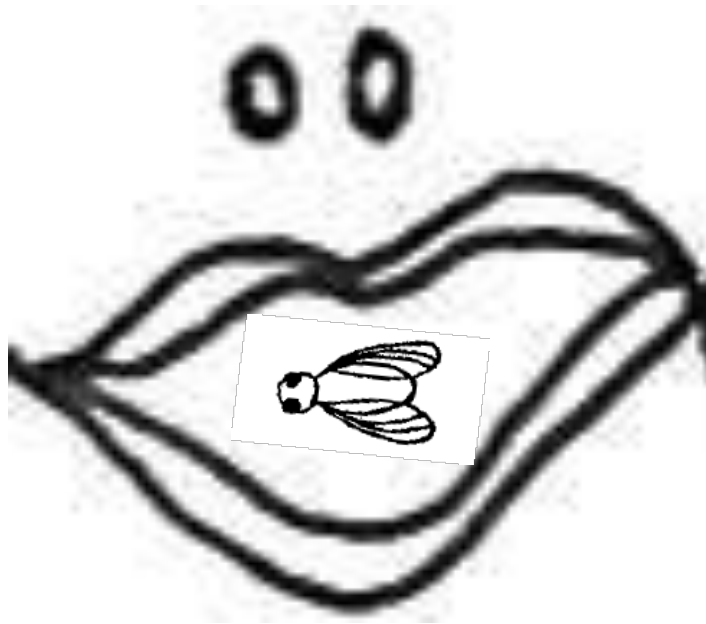
How is Frog to eat???



I must be very still,



So when a fly comes by I can quietly spy

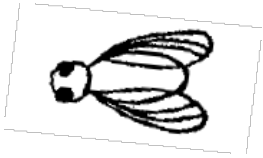


...and then catch the fly...OH MY, OH MY!

What would help me be still and focus?



If I can balance a rock on my head...

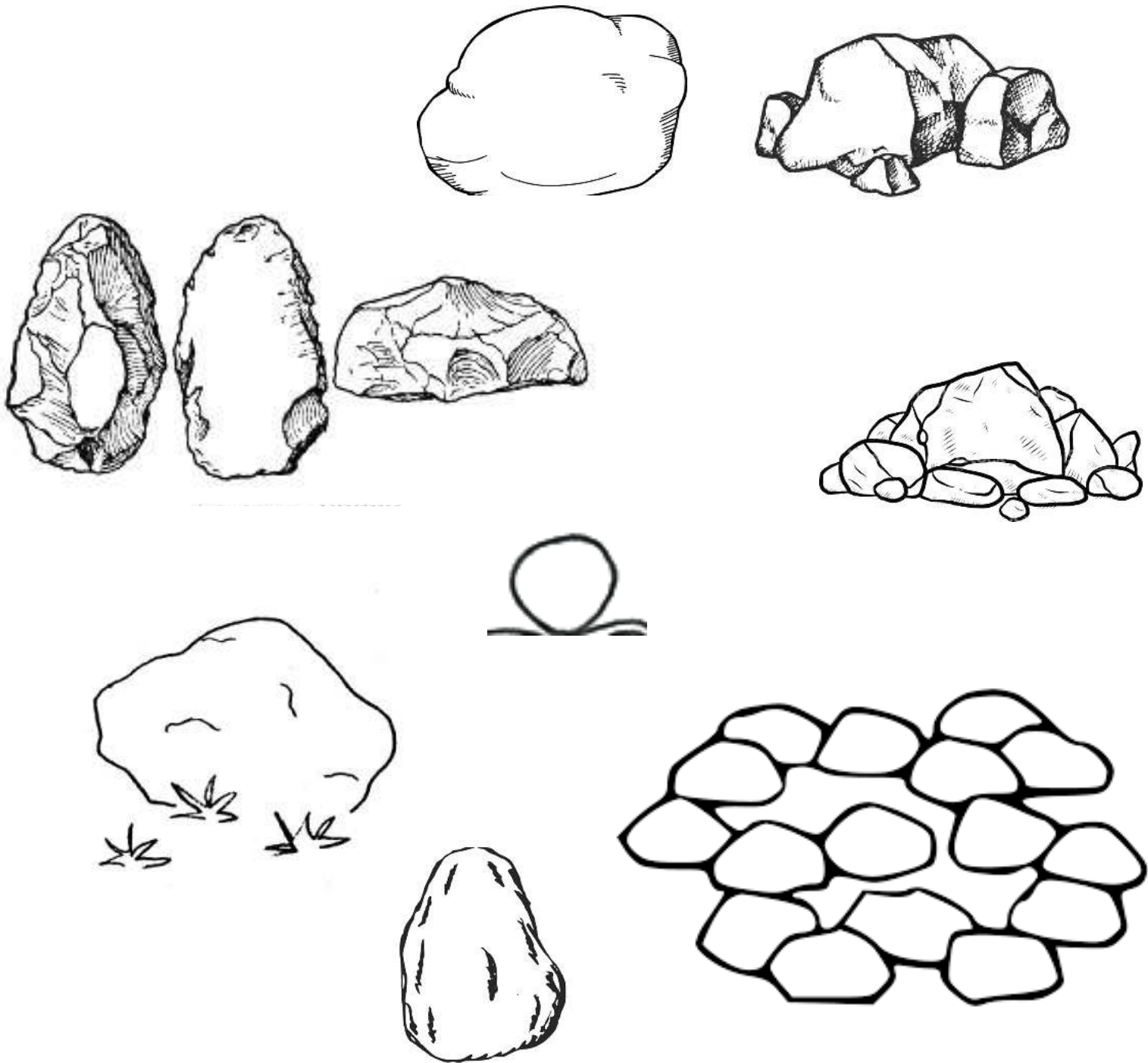


...and practice over and over...

I will train my brain to focus.



Which kind of rock will Frog pick?



Which kind of rock would YOU pick?

After Frog decides on the PERFECT rock....  
Frog takes a d-e-e-p breath...  
Closes its eyes...

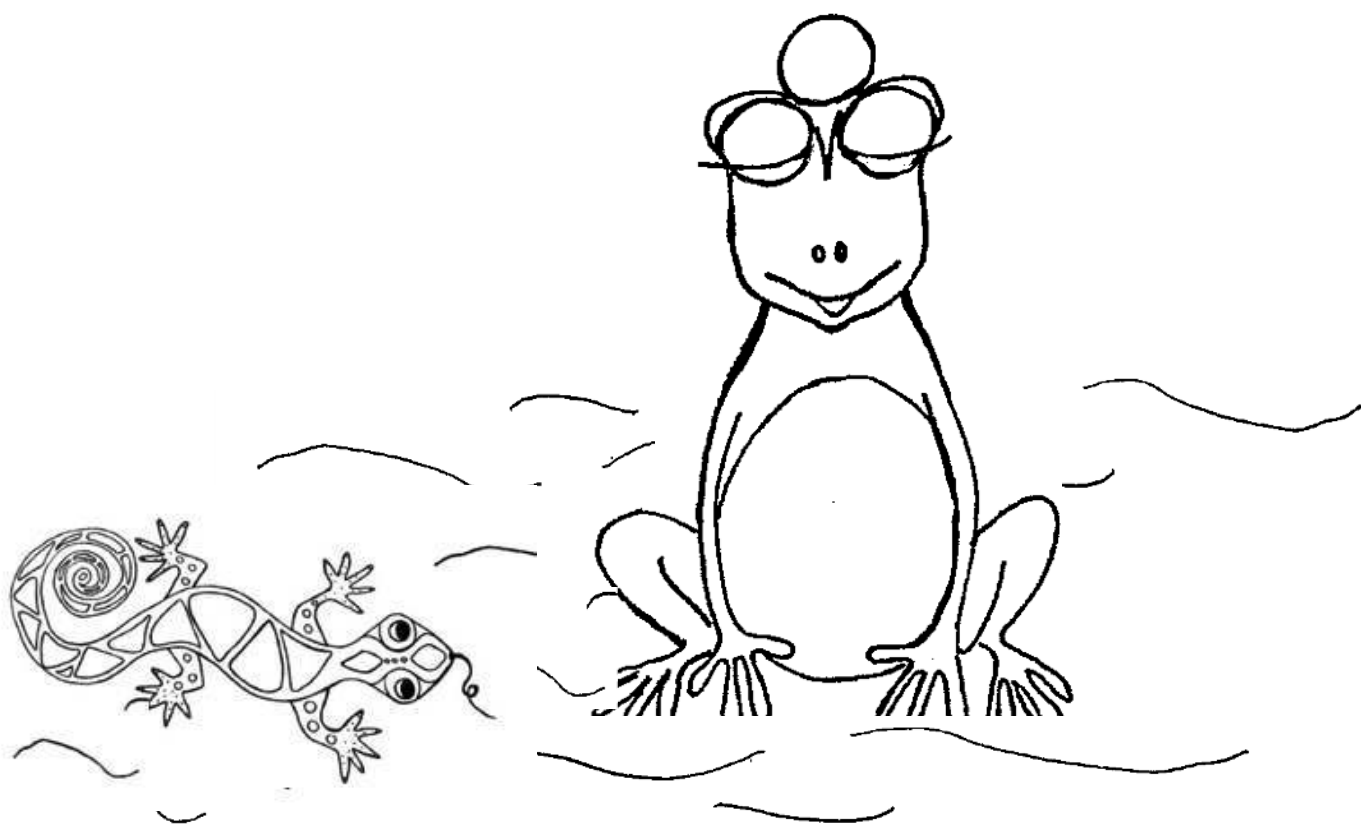
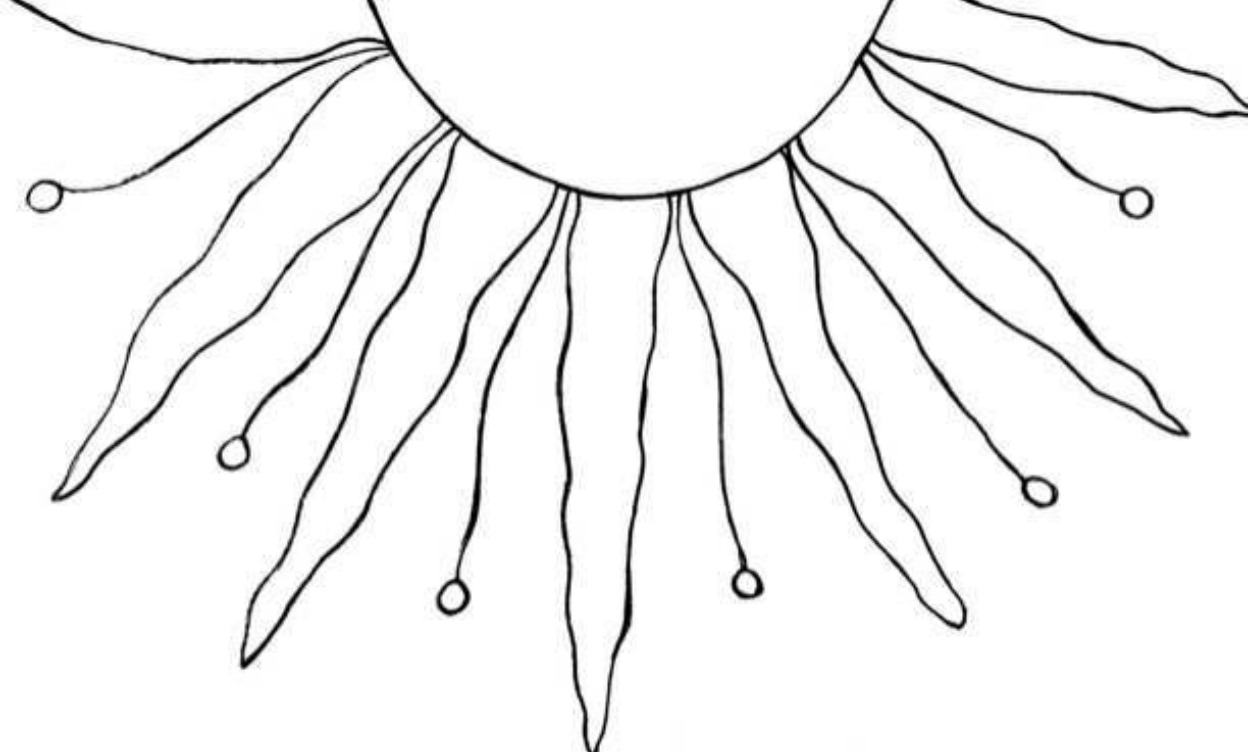


and DOES NOT MOVE!

FROG - DOES - NOT - MOVE!

Down comes the rain, but Frog **MUST FOCUS**.





Lizard wanders in, but Frog does not even move its chin!

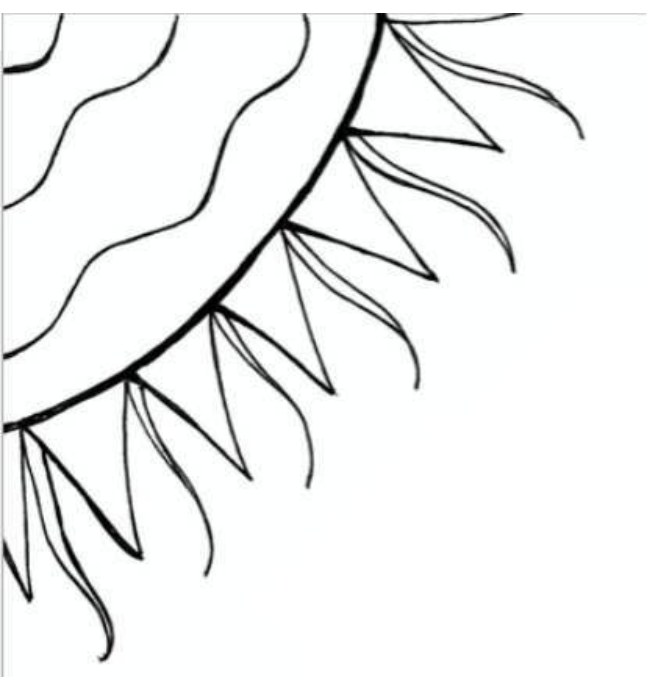
Giraffe chomps...



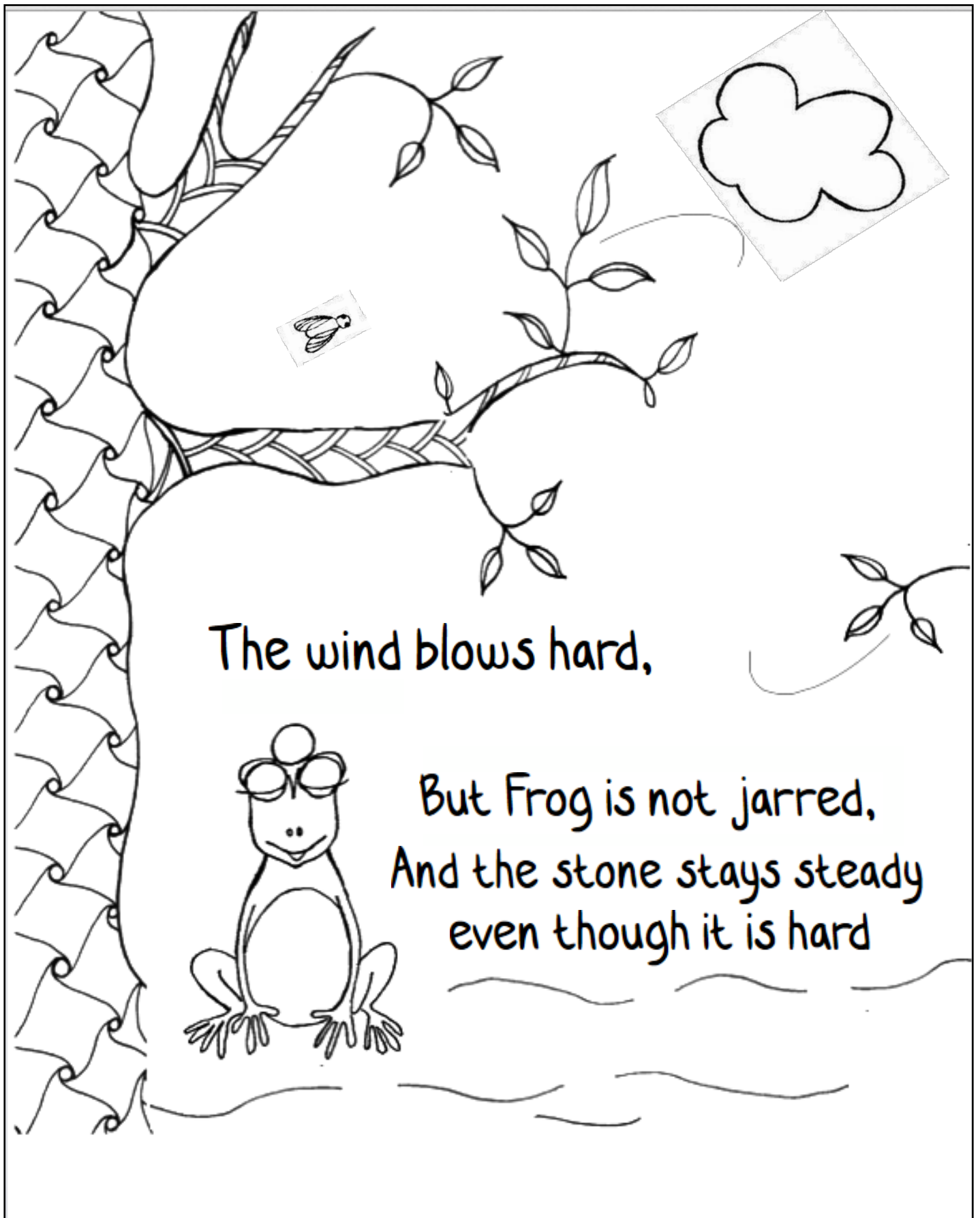
Owl hoots.....



Butterfly flutters by.....



But Frog does not blink even an eye.





Frog practiced...



and practiced...

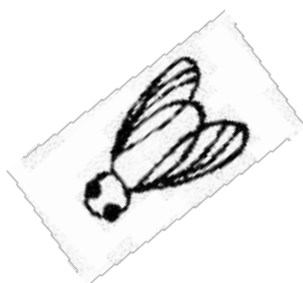


and practiced...

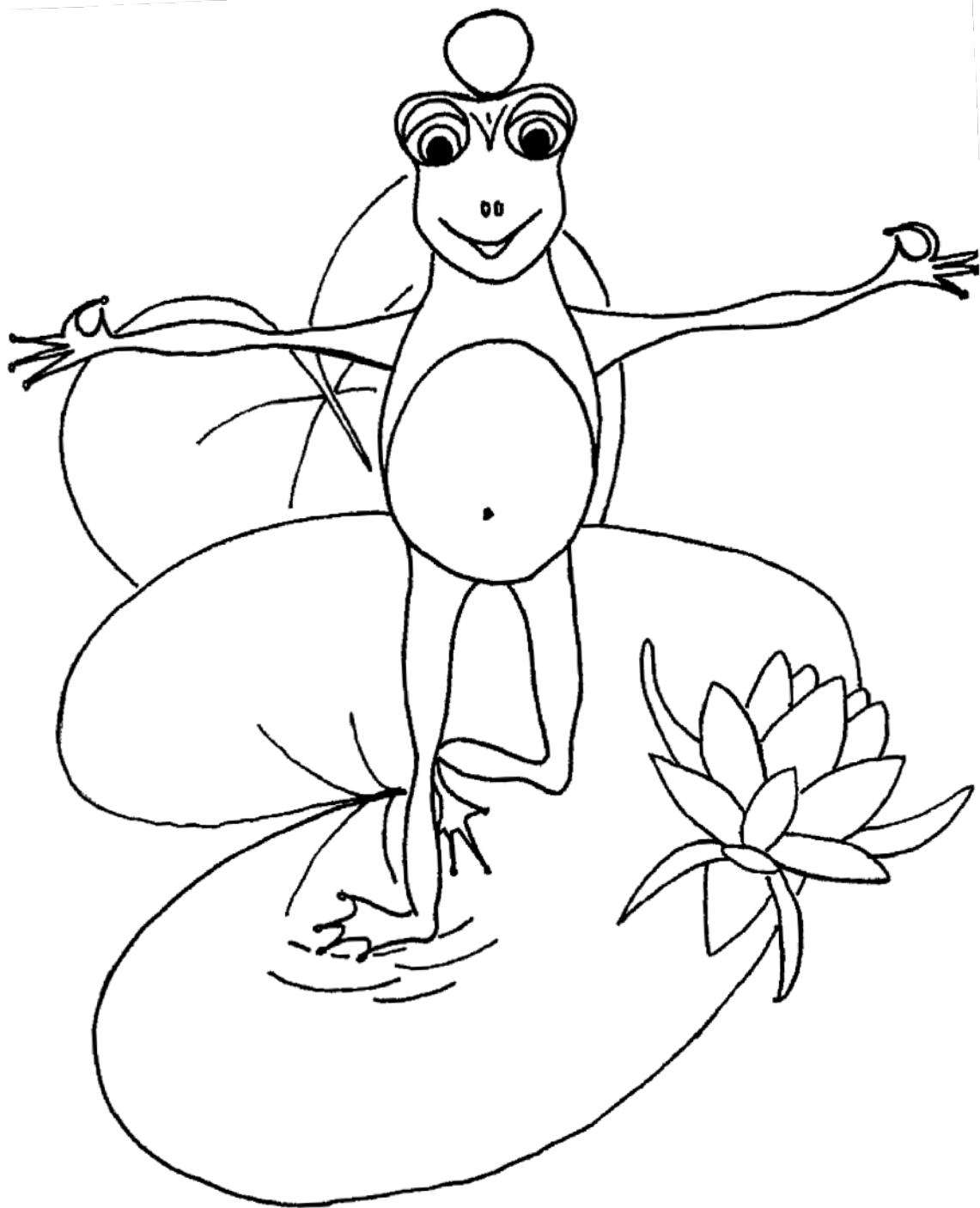


and p-r-a-c-t-i-c-e-d.

And then.....



Hocus Pocus, Frog is focused!!



Frog trained its brain...

It was not even a strain.



And when a fly came along,  
without even a song...  
Frog snatched that fly right out of the sky!



YUM!!!



### Materials:

Collect enough rocks so that each child will have one. Families can make the rock search an outing. Find stones that are different sizes (no more than 4" in diameter), shapes (with at least one flat side), and textures. Wash them with soap and water.

Time: 15 minutes

### Why it works

With this exercise we are stimulating all the senses to bring focus on the rock to strengthen and extend the ability to pay attention.

### What to say

1. Sitting in a circle on the floor explain that we are going to get to know our rocks using all of our senses. Ask kids to sit up tall like a mountain with backs straight, muscles relaxed, resting your hands on your in your lap.
2. Take a deep breath.  
Now I will place a stone on the floor in front of you, and look at it all over without touching it. Does it have spots or cracks? What color is it? What shape is it? How is it different from other rocks?
3. Now pick up your rock. How does it feel? Is it cool or warm? Place it next to your neck, or in the crook of your arm. What do you notice?
4. Listen to it - what can you hear from your rock?  
Smell it - How does it smell? What does the smell remind you of?
5. Now taste it. What does it taste like? Is it smooth or rough on your tongue? Hot or cold? Bitter or sweet? What does that taste remind you of? Just sit with your rock for a few moments as you continue to get to know it.
6. When I ring the chime, take a deep breath.
7. Read the FocusedFrog Book, and finish with everyone trying to balance the rock on their head! Place your rock on your head like Frog, and sit quietly, balancing the rock. Take three deep breaths, and try the Tick Tock exercise without having the rock slide off your head.

### Goal

Children will learn another way to pay attention using their senses while being aware of what their bodies are doing. They will develop concentration while moving and paying attention to their senses.

### Brain Fact

What we repeat and practice wires our brain for that skill. In this case, it becomes easier and easier to find our balance as we train our brain.