

# FocusedKids Update

## 2020: The Great Shift



Building safe relationships.



Learning about the brain.



Using strategies for calming and focusing: the breath, movement, and the senses.



Doing it all only once.



Dear friends of FocusedKids:

This letter feels very personal this year. I'm writing to you from my home, which has also become my haven. Perhaps you can relate. So much has been upended in one way or another over the past year. We at FocusedKids believe we can grow - even thrive - through a pandemic, school closures, economic strain, the list goes on. And we are so grateful for your belief in us as we share ways to thrive.

I take comfort in knowing that FocusedKids' purpose remains steady: to help families, teachers, and kids build safe relationships and stable, happy brains.

We're here no matter what life throws your way.

NO MATTER WHAT!

Connection to each other is the thing that will get us through, whatever the world throws at us. We're here every day as a resource for finding new ways to navigate the current hardships by keeping our minds and bodies healthy.

We're here so you can keep exploring, even if exploring these days happens mostly from home.



In Gratitude

# Resilience during COVID Post-traumatic Growth

When the COVID-19 crisis hit, FocusedKids had to quickly adjust to the new realities in order to preserve the continuity in our delivery. Moving from daily delivery of lessons into an average of 20 classrooms a day, to taking everything online with participants who were unfamiliar with even Zoom technology was no small task. Now we are all Zoomed out!

In the following pages, you will see how we made these changes successfully. The most important factors in that success are the relationships we have built with our teachers, parents, and community partners. And those relationships have provided some shelter and soul food for all of us during this incredibly difficult and confusing time.

As hard as it is, we have watched the FocusedKids foundational pillars: safe relationships and self-regulation work for so many teachers and kids. And with our FocusedFamilies pilot, parents (most from those families most traumatized by COVID) are sharing with us the amazing changes they are making in their lives with the help of FocusedKids strategies. And also they are sharing what is happening in their lives and inviting friends to join our conversations.

There is a new buzz phrase about resilience: "Post-traumatic growth."

**Post-traumatic growth** can be facilitated in several ways:

1. Emotional Regulation (managing our negative emotions and reflecting on successes and possibilities),
2. Safe relationships (identifying people in your life upon whom you can depend and trust, and talking with them about what you are feeling)
3. Narrative (Create a story about the trauma and our lives afterward so that we can accept the chapters already written and imagine crafting the next ones in a meaningful way.)
4. Service. (Focusing on how you can help provide relief during the continuing crisis, expressing gratitude and showing compassion and empathy to others)

# FocusedKids in Colorado Classrooms



Model the importance of safe relationships.

Practical strategies to make the classroom a calmer and more focused environment.



Students will be able to achieve at their maximum potential.



Amanda Petersen, Program Director at FocusedKids. Here, she teaches the "alligator breath."

In the 2019-20, FocusedKids Training occurred in **111 classrooms**  
Total Classroom Visits: **682 visits**  
Reaching **2,329 students**  
In grades pre-k through third.

- ✓ Problem behaviors decreased
- ✓ Teacher stress decreased



Build a classroom culture that reflects safety and calm

# FocusedKids in Arizona Classrooms

In the 2019-20, FocusedKids Training occurred in **40 classrooms** Reaching **600 students**, Total Classroom Visits: **169** in grades pre-k through third.

- ✓ Problem behaviors decreased
- ✓ Teacher stress decreased
- ✓ Teacher request for more online training and modeling



Waiting for Jenny's pic



When children learn about their brain, they can tie a particular behavior to a part of the brain, understand why the behavior is happening, and have tools to be in charge of that behavior.

Elaine Vallario, Lead Trainer, Cave Creek School District, AZ



# Building Our Focused Families Project



Yolanda Gonzales, Project Manager  
Online family conversations  
= family connections.

- Weekly, online conversations to build community
- Monthly and bi-weekly trains to Family Resource Center - Family Liaisons.
- Teaching parents for Learning with Love (0-3 program) for 20 minutes, at least two times a week starting January.
- Joining monthly meetings with FFN parents (informal childcare at home) to teach FocusedKids curriculum. 30 minutes, for a total of 8 sessions.

*Hello Yolanda,  
I wanted to share and thank you for your time, for the lessons you are offering to the parents community where many of our providers are participating,.[.] Today my coworker commented that many moms were sharing with her about all the changes they are making in their lives, homes and kids with all they are learning and putting in practice since they are participating in your lessons by how much have helped them. There has been a huge change in their lives and now they are sharing it with other people and are inviting them to participate in these lessons.*

*Thank you very much Yolanda.  
**Norma Baez** <[Norma@earlychildhoodnet.org](mailto:Norma@earlychildhoodnet.org)>*

# FocusedKids Intensive

Glenwood Springs Elementary School



Intensive version of the FocusedKids program providing weekly training to children with special needs and their teachers.

- ✓ Teacher stress decreased
- ✓ Teacher proficiency in using FocusedKids concepts increased dramatically
- ✓ Modest improvement in student behavior.

Twenty-eight out of sixty-four children were designated as having special needs. These included children with developmental lags to those on the Autism spectrum, some with very disruptive behavior, some even violent. All were mainstreamed.

The project is continuing this year in three preschools, with a reduced dosage due to COVID restrictions. We estimate we are reaching 90 children.



Shannon Campbell,  
Lead Trainer,  
FocusedKids Intensive



Kathy Hegberg  
Executive Director  
FocusedKids

# Teacher Professional Training Online Every Month



May 3, 2020 "Our kids are able to calm down and self-regulated when they feel that it's safe." Chris Willard

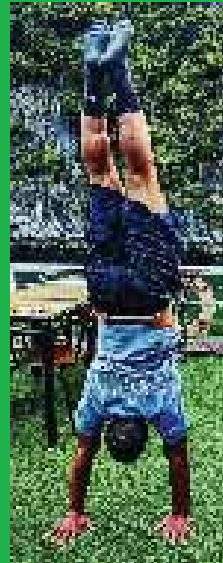


"Good enough parenting through the pandemic." Tina Payne Bryson



Ebony Smith

Yoga 'N Da Hood  
"Dedicated to Bringing  
Wellness to under-  
served communities."



Rico Dickerson,  
"Movement is not  
optional for brain  
health."  
Momentous School



Great Speakers!



Char Myklebust

"Stress and the Developing  
Brain."

"One healthy  
habit in the  
classroom is  
doing a daily  
gratitude  
practice with  
students."



## COVID Pivot: FocusedKids Online



Join us as we connect,  
practice,  
and take away tools for  
creating more  
calm in your home and  
classroom during these  
uncertain  
times.



Because of our relationships with our school districts we have been able to successfully pivot our program to an online virtual model. This happened in March 2020.

We currently offer virtual real-time lessons, and teacher support through our blog and monthly professional development training, and through continued one-on-one coaching when needed.



# Partnering for Change



Learning With Love  
0-3 Program



FocusedKids is providing regular trainings to partner organizations:

- Early Childhood Network
- Family, Friends, and Neighbors
- Family Resource Center



Summer  
Success

Heidi: "Summer Success has helped me with calming down and helped me learn more. I like to learn during Summer Success so we can get good grades in school."

El Busesito



# FocusedKids Family Relief Fund

Emergency and immediate financial relief for families impacted by the pandemic.

FocusedKids worked with several community partners to provide emergency funding to families quickly during the first few months of the pandemic.

## Our partners:

Colorado Health Foundation

Valley Settlement

Manaus LaMedici Savings Program

Family Resource Center

English in Action

Aspen Family Connections

Aspen Community foundation

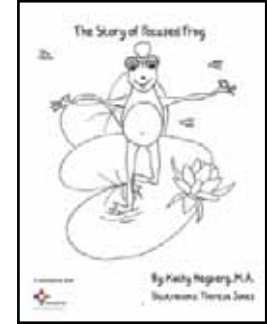
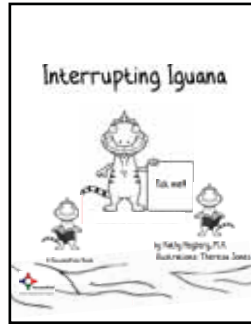
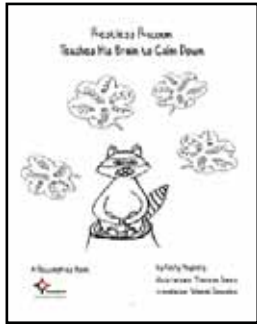
COVID 2020 Donor Advised Fund

Private Foundations and Individuals

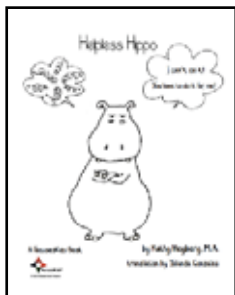
Our program partners used their databases to select families and assess need, FocusedKids wrote the checks, and the partners delivered the checks within a day in most cases. Together, we raised and distributed over \$1 million to our most needy families.



# New Books in 2020



## Coming Soon:



Available on our website in  
both English and Spanish.

<https://focusedkids.org/supplemental-resources/>

## FocusedKids Lesson Videos

### English

Three Parts of the Brain

<https://vimeo.com/429108990>

Elephant Shower

<https://vimeo.com/429099628>

Movement

<https://vimeo.com/429100204>

Focused Frog

<https://vimeo.com/429101714>

The Grateful Goat

<https://vimeo.com/429102740>

Hug The Monkey

<https://vimeo.com/429104533>

Breathing Ball

<https://vimeo.com/429113552>

The Glitter Jar

<https://vimeo.com/429105697>

The Chime

<https://vimeo.com/429113552>

Alphabreaths

<https://vimeo.com/429107342>

### Spanish

Tres Partes Importantes del Cerebro

<https://vimeo.com/450970231>

Un Baño Al estilo Elefante

<https://vimeo.com/450918695>

Movimiento

<https://vimeo.com/450920221>

La Rana Enfocada

<https://vimeo.com/450952373>

La Cabra Agradecida

<https://vimeo.com/450954905>

Abrazando al Monito de Amor

<https://vimeo.com/451008985>

La esfera para Respirar

<https://vimeo.com/451011736>

El Frasco de Brillantina

<https://vimeo.com/451149918>

La Campanada

<https://vimeo.com/451155042>

Respirando con el Abecedario

<https://vimeo.com/451157535>

## Our Team



Kathy Hegberg, M.A.,  
Child and Family Therapist  
FocusedKids Executive Director



Jenny Stahl, M.A.E.  
Early Childhood Coordinator,  
Cave Creek School List, AZ  
FocusedKids District Coordinator



Amanda Petersen, M.A. candidate  
Former First Grade Teacher  
FocusedKids Program Director



Elaine Vallario, M.S.  
ECS Enrichment Coordinator  
Education & Community Services  
Cave Creek School District  
FocusedKids Classroom Trainer



Yolanda Gonzales, B.A. candidate  
Former Family Liaison  
FocusedFamilies Project Director



Laura Katherine Noll, Ph.D.  
Harvard Junior Fellow  
FocusedKids Researcher



Shannon Campbell, M.A.  
Early Childhood Learning Specialist  
FocusedKids Classroom Trainer



Shayla Groves  
design finch LLC  
Design, Marketing and Brand Strategist



Shana Lanzetta,  
Doctoral Student Researcher  
FocusedKids Researcher and  
Consultant