



A Brain Empowerment Program

Family Journal  
Practices to Maintain Self-regulation Skills  
Ages 3-8



Dear Parent:

Welcome to FocusedKids! Your child has brought this Family Journal home from school because they want to share what they are learning about how the brain works and how to be in charge of themselves. The goal is that they will master self-regulation skills: managing emotions, focusing or paying attention, and calming or de-stressing their bodies.

Research shows that these skills are essential for becoming a good learner and successfully navigating life challenges. To remember all the information and skills they are learning, they need to practice. Practice creates connections in the brain, or wiring, which are crucial for building a solid foundation for the brain connections that form later.

They have completed lessons about three parts of the brain. They now need reminders about how each part is working during the day and what tools they have to support or change what they are doing. So we created this book for practice with your child when you are at home.

It starts with an overview of what they have learned about the brain so you can support them by using the same “brain language.” This section is followed by exercises they are using in the classroom to support self-regulation. We hope you will enjoy practicing with them.

Your child’s teacher will connect with you every regularly to see how it is going and to answer any questions. Please feel free to reach out if you have questions.

Read more.

[The FocusedKids Philosophy](#)

Here's what your kids have learned so far.

Three key parts of the brain:

Meet: Ms. Elefante  
Wise Owl  
Guard Dog



Hippocampus

Prefrontal  
Cortex  
(PFC)

Amygdala

We use puppets because kids engage naturally with them, and retain what they are learning about the brain more readily.

[Watch the videos on each part.](#)



A Brain Empowerment Program

## Brain Exercises For using at home.

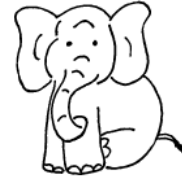
Let your child be the expert and tell you about the brain using the 4 pages.

# Color My Brain



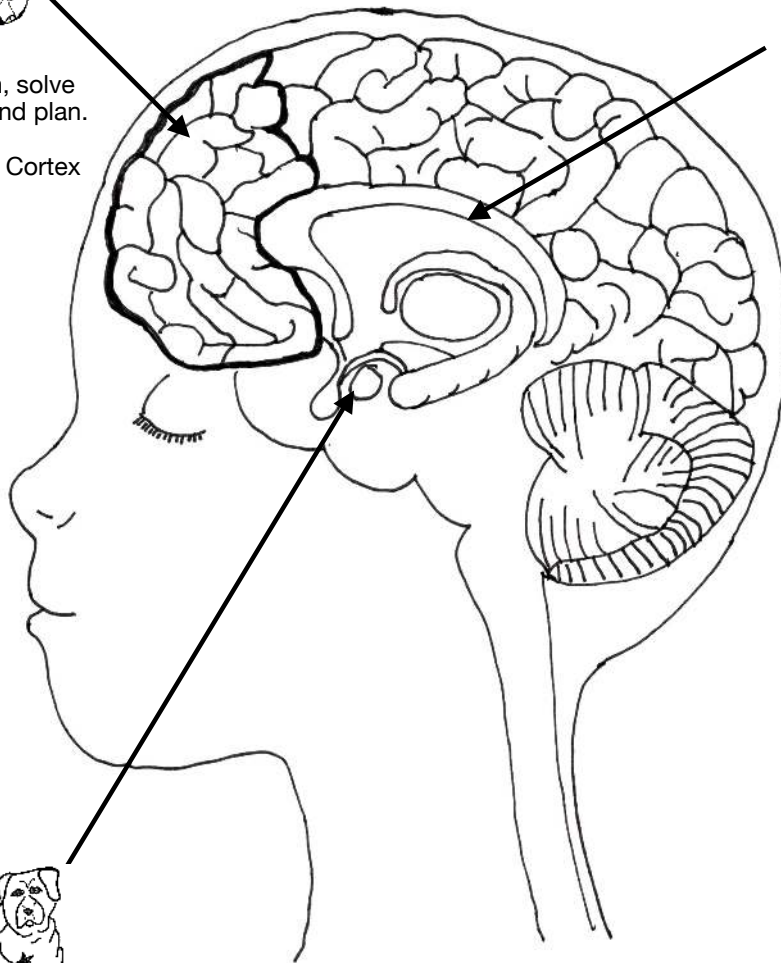
I think, learn, solve problems, and plan.

Prefrontal Cortex



I remember everything...including solutions and plans!

Hippocampus

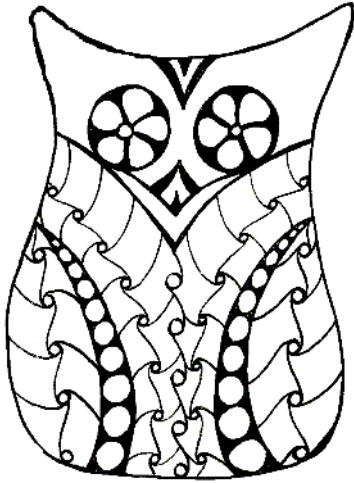


I keep you safe, and can be a bit goofy!

Amygdala

Name \_\_\_\_\_

Can you complete this without help?

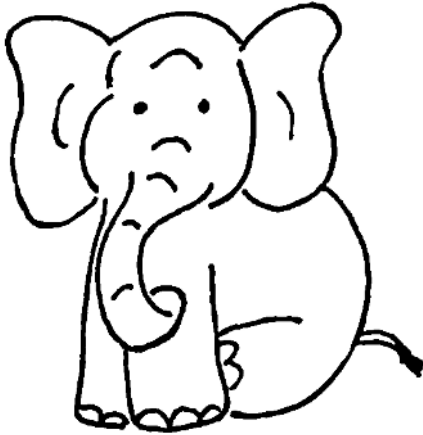


My name

is: \_\_\_\_\_

My Job

is: \_\_\_\_\_

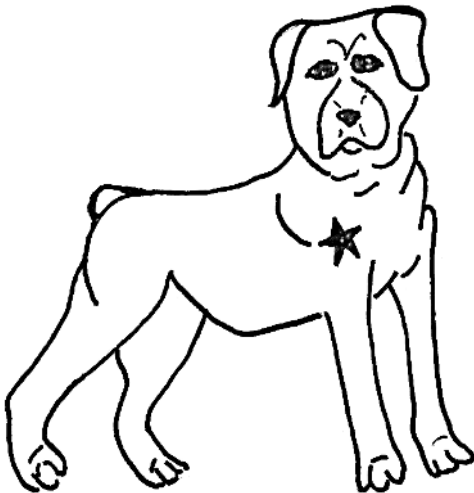


My name

is: \_\_\_\_\_

My Job

is: \_\_\_\_\_



My name

is: \_\_\_\_\_

My Job

is: \_\_\_\_\_

## Brain Part Jingles

PFC, follow me, I'll make you \_\_\_\_\_

Hipp-o-campus, \_\_\_\_\_

Amyg-da-la, I keep you \_\_\_\_\_

Brain Song: (to Dingo)

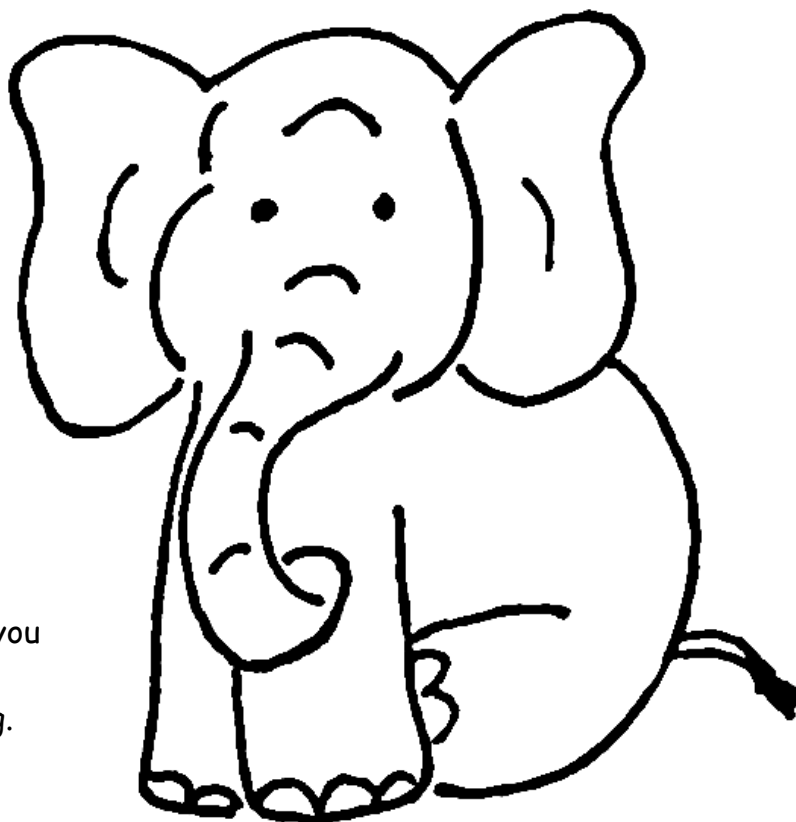
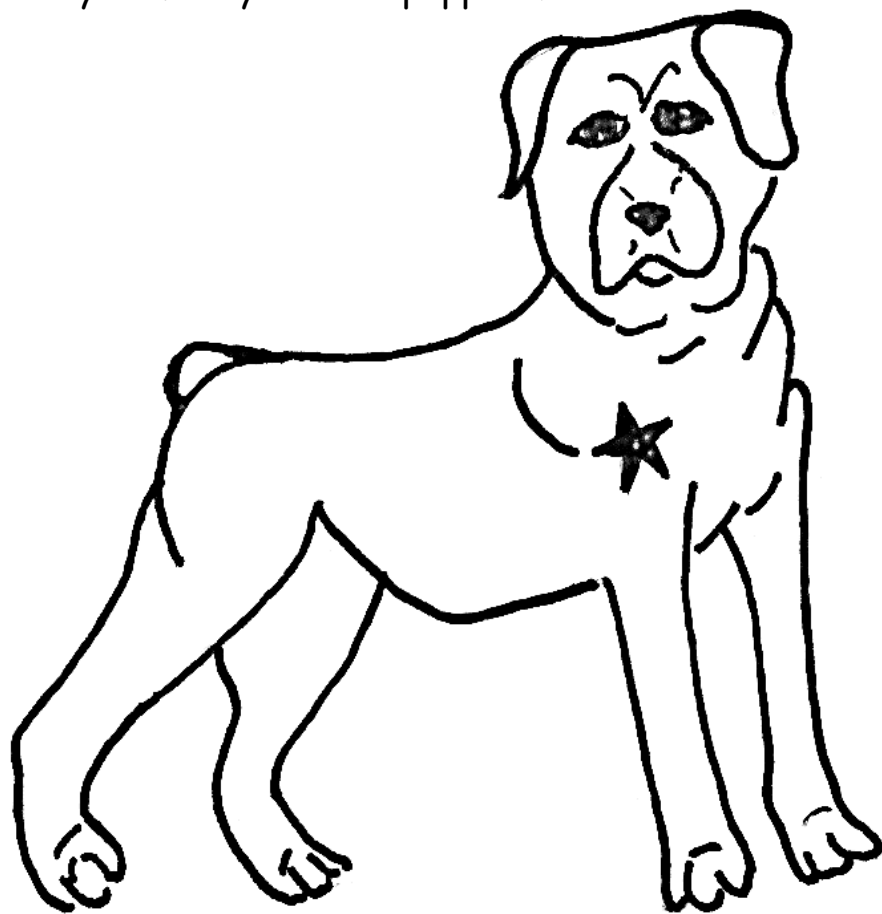
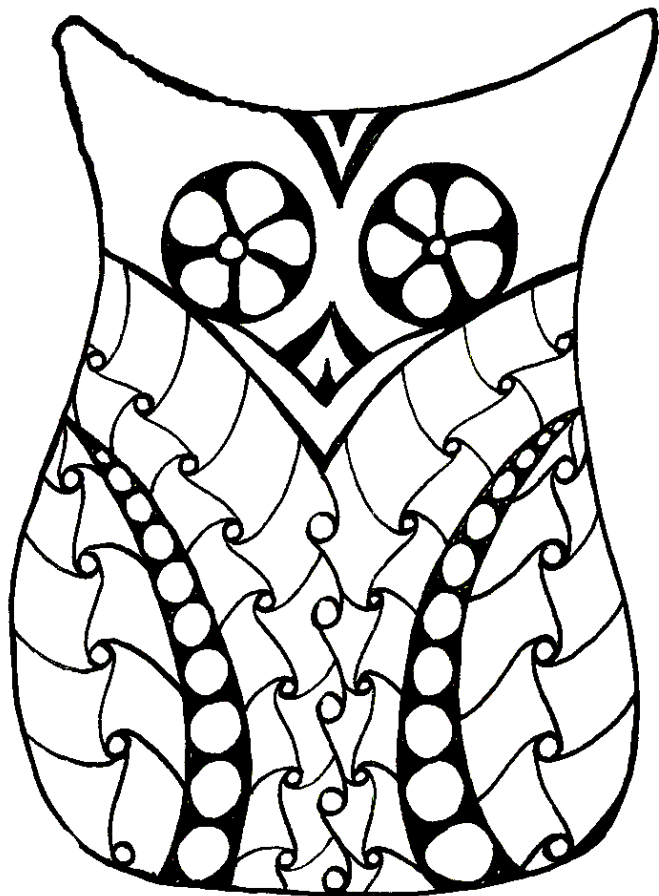
I have a brain in my head, and it is for thinking.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N

My brain is for thinking!



**Make the puppets:** Color each puppet. Cut them out and glue to them to popsicle sticks. Now you have your own puppets!



Use your puppets to help you remember their jobs.  
Store them in a Ziploc bag.

## How to build a Healthy, Regulated Brain In less than a minute a day!

FocusedKids has created a series of exercises that help train the brain for self-regulation. We incorporate all the senses, the whole body, and mindful coloring. Below are many of our favorites for you to use at home. Each one includes a link to the lesson on our website.

The only request is that you practice at least once a day. Most exercises take less than a minute. Your Child's teacher will provide guidance if you need it.

Using your ears to focus:  
Listen to the chime until you can't hear it anymore.  
(At home you can use a glass and a spoon)



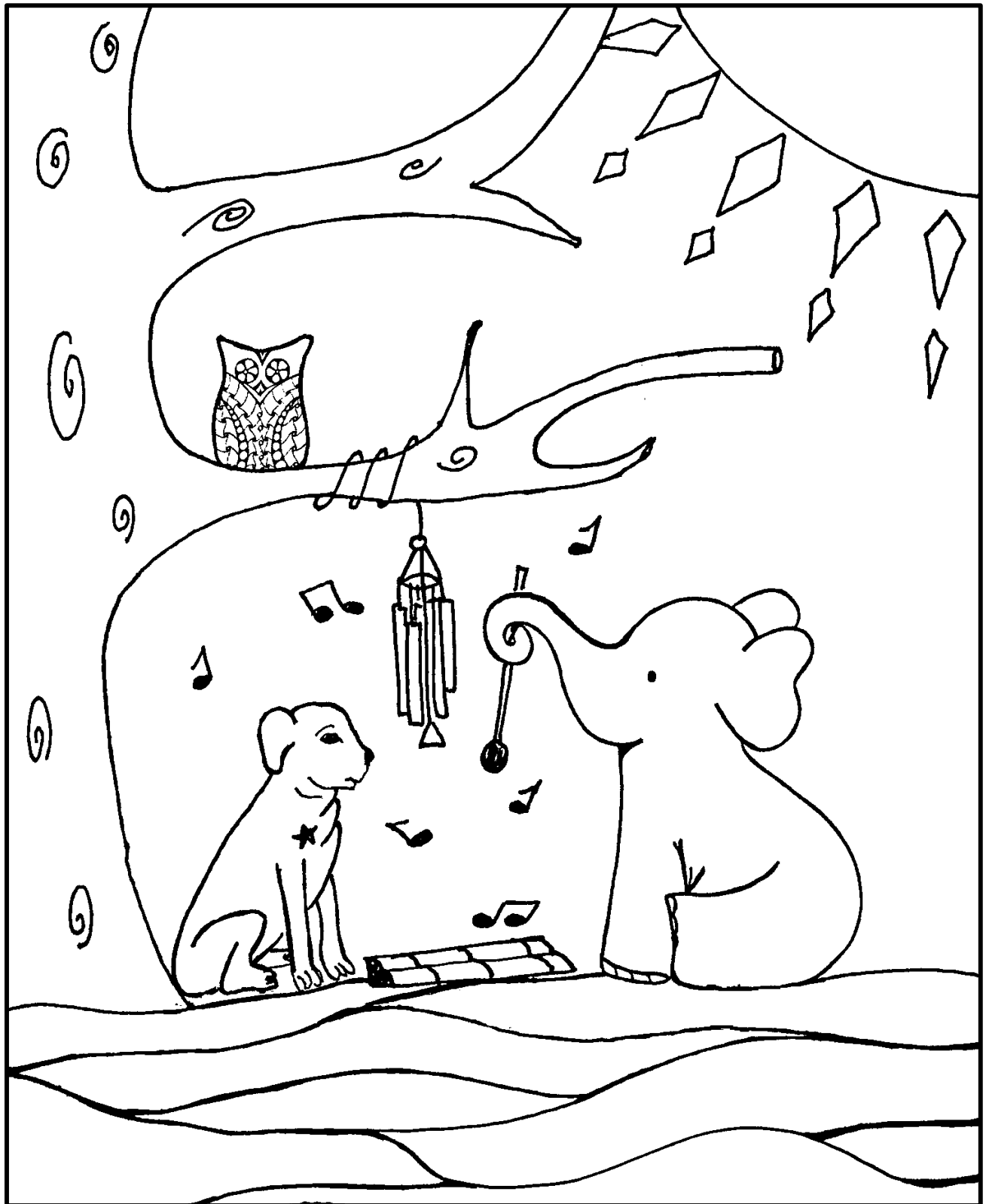
HINT  
Great to do before eating  
dinner, or before going to sleep.  
[Watch the video](#)



Who is listening?

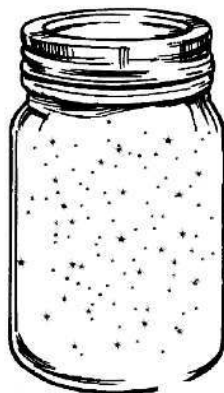
\_\_\_\_\_

When We Listen to the Chime,  
We are Calm and Focused  
And Ready to Learn



Using your eyes.

We call this "Settle Your Glitter."

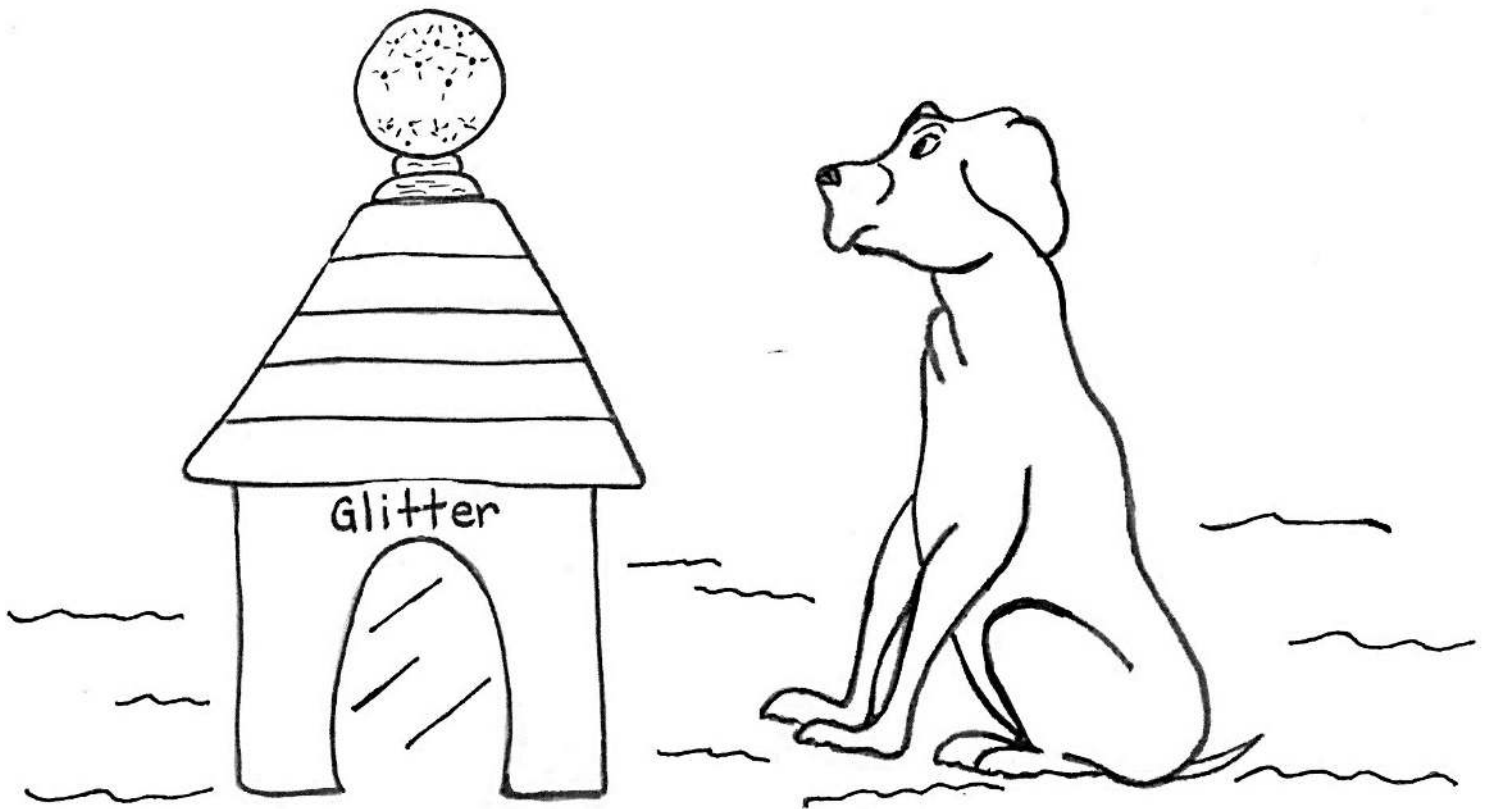


HINT

Great for rowdiness in the car or anytime we need to focus.

[Watch the video](#)

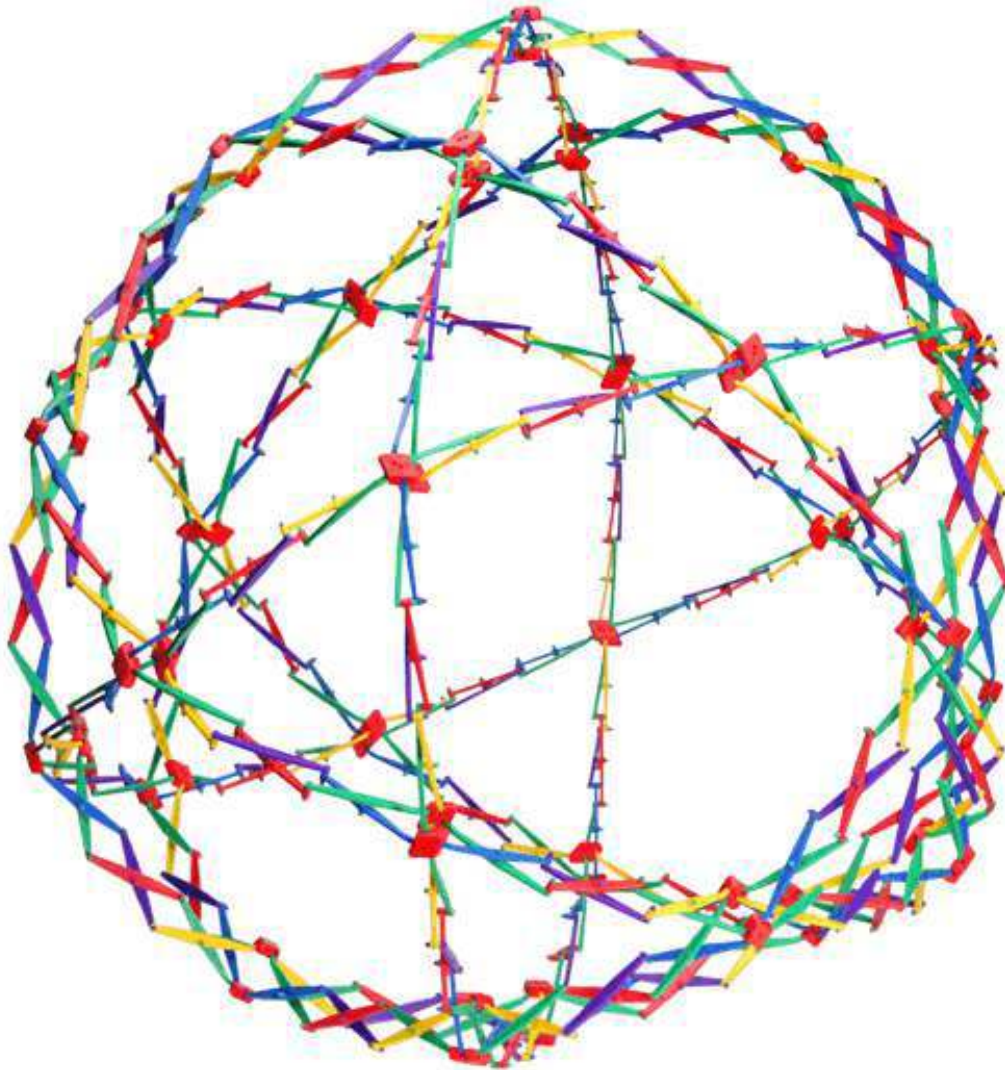
Coloring Page



When we settle our glitter, our brain is calm and clear.

Using your breath.

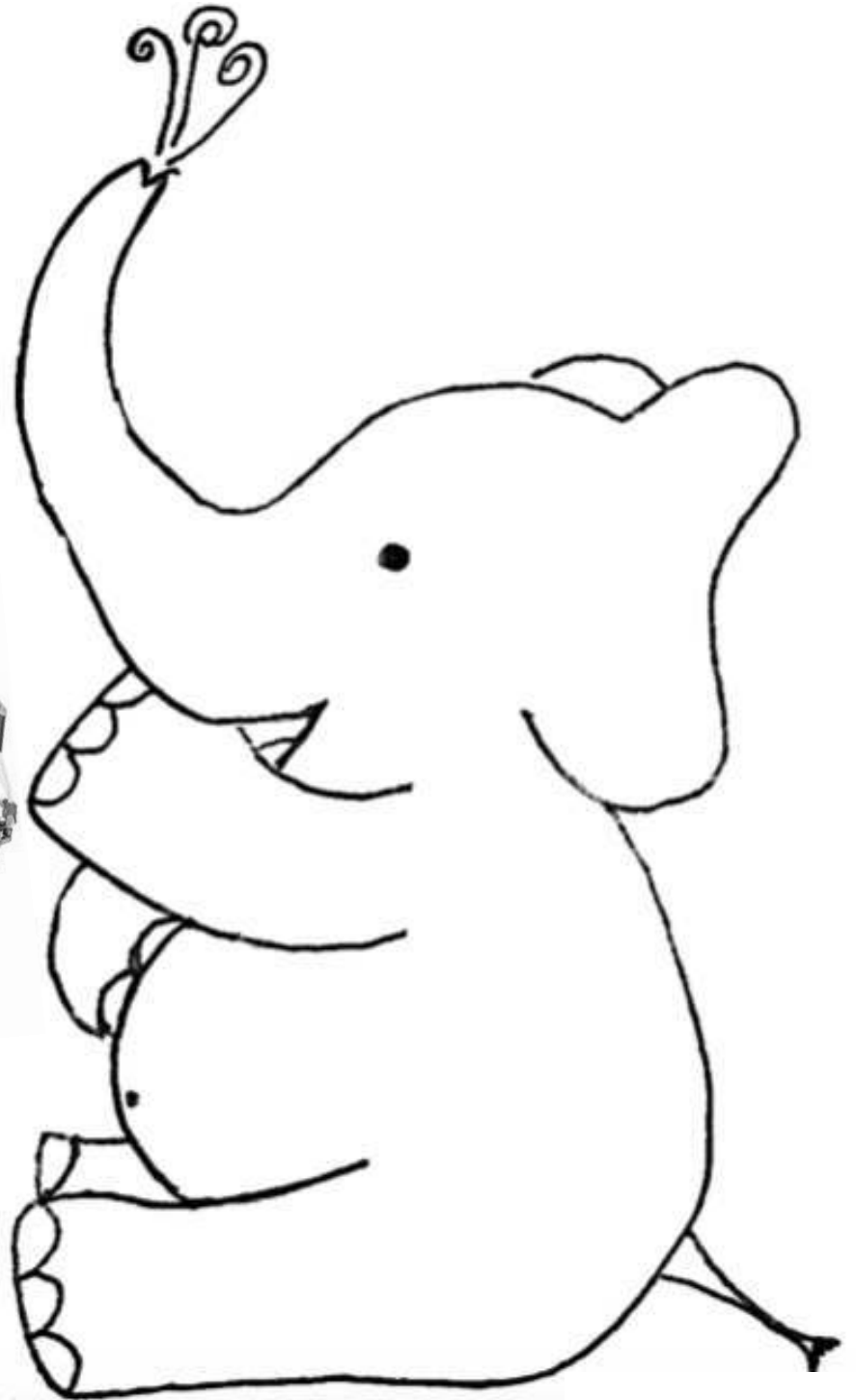
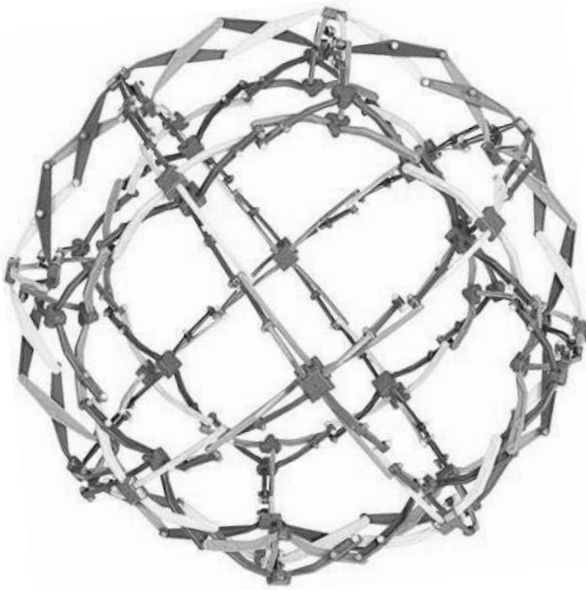
What do you do with this???



Using your arms, show your family  
how you breathe with this.

[Watch the video](#)

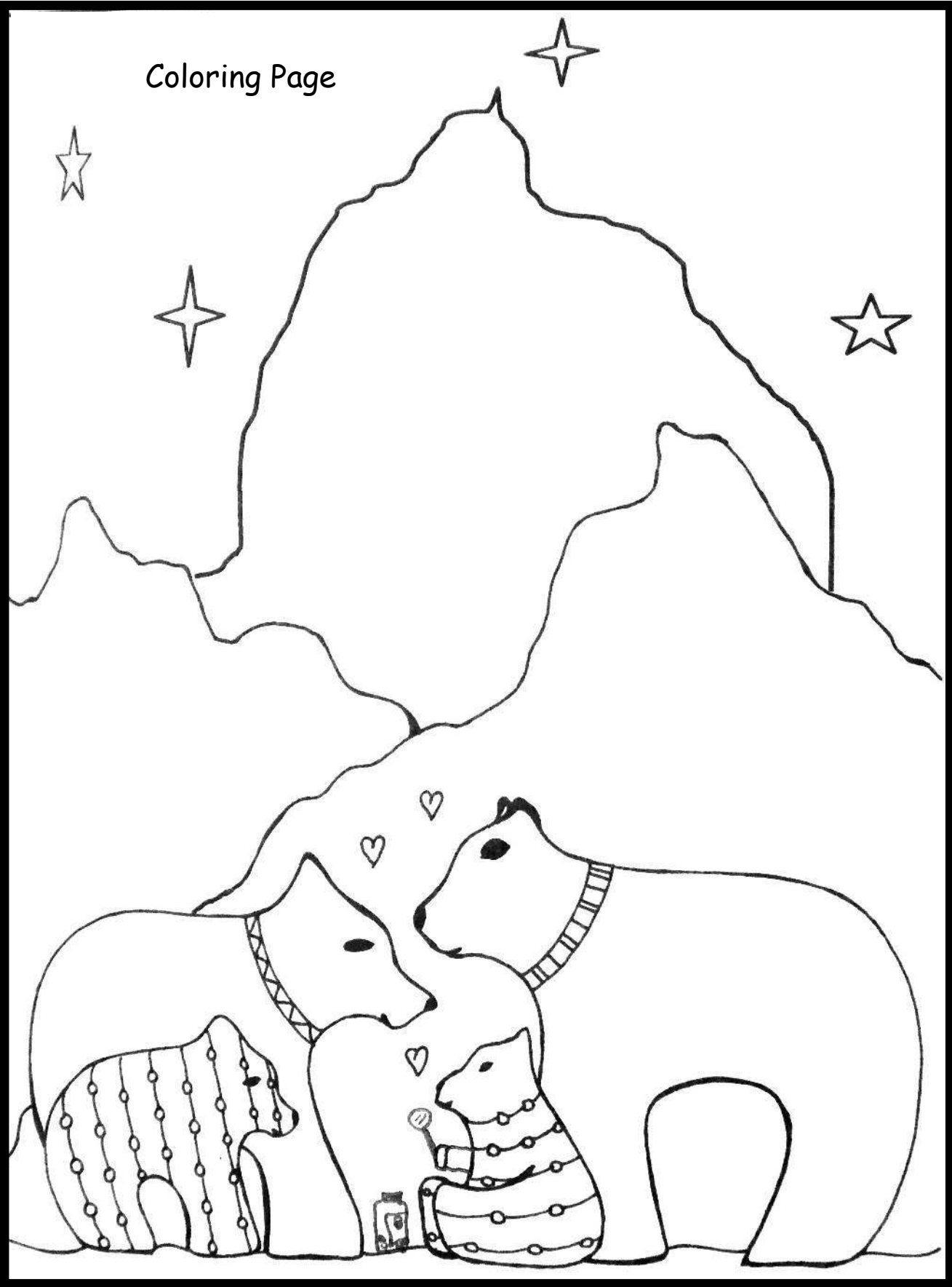
# Coloring Page



Breathe in when the ball gets big,  
breathe out when the ball gets small.  
S-l-o-w-l-y!



Coloring Page



When we blow bubbles together, we feel connected and happy!

## Your breath is always with you!

Use when you need a break, to calm down, or to re-focus.

Simple exercise: Breathe in slowly through your nose for three counts. Breathe out through your mouth for three more s-l-o-w-l-y

Other kinds of breathing you can do: (check off the ones you practice)

\_\_\_\_ Alligator Breath

\_\_\_\_ Rainbow Breath

\_\_\_\_ Elephant Shower Breath

\_\_\_\_ Silent Sigh

\_\_\_\_ Cotton Ball

\_\_\_\_ Pinwheel

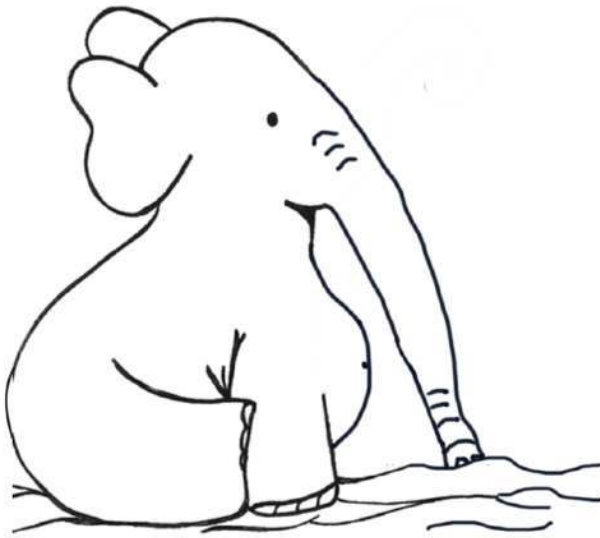
\_\_\_\_ Blow Bubbles

[Watch the video](#)

## Using our Bodies

Kids need a lot of practice to be in charge of their bodies. Making it fun can engage them in the practice so we developed several exercises accompanied by coloring pages, videos, and books. Some are listed below. Have Fun!

Example: [Elephant Shower](#)



Slurp in the water...



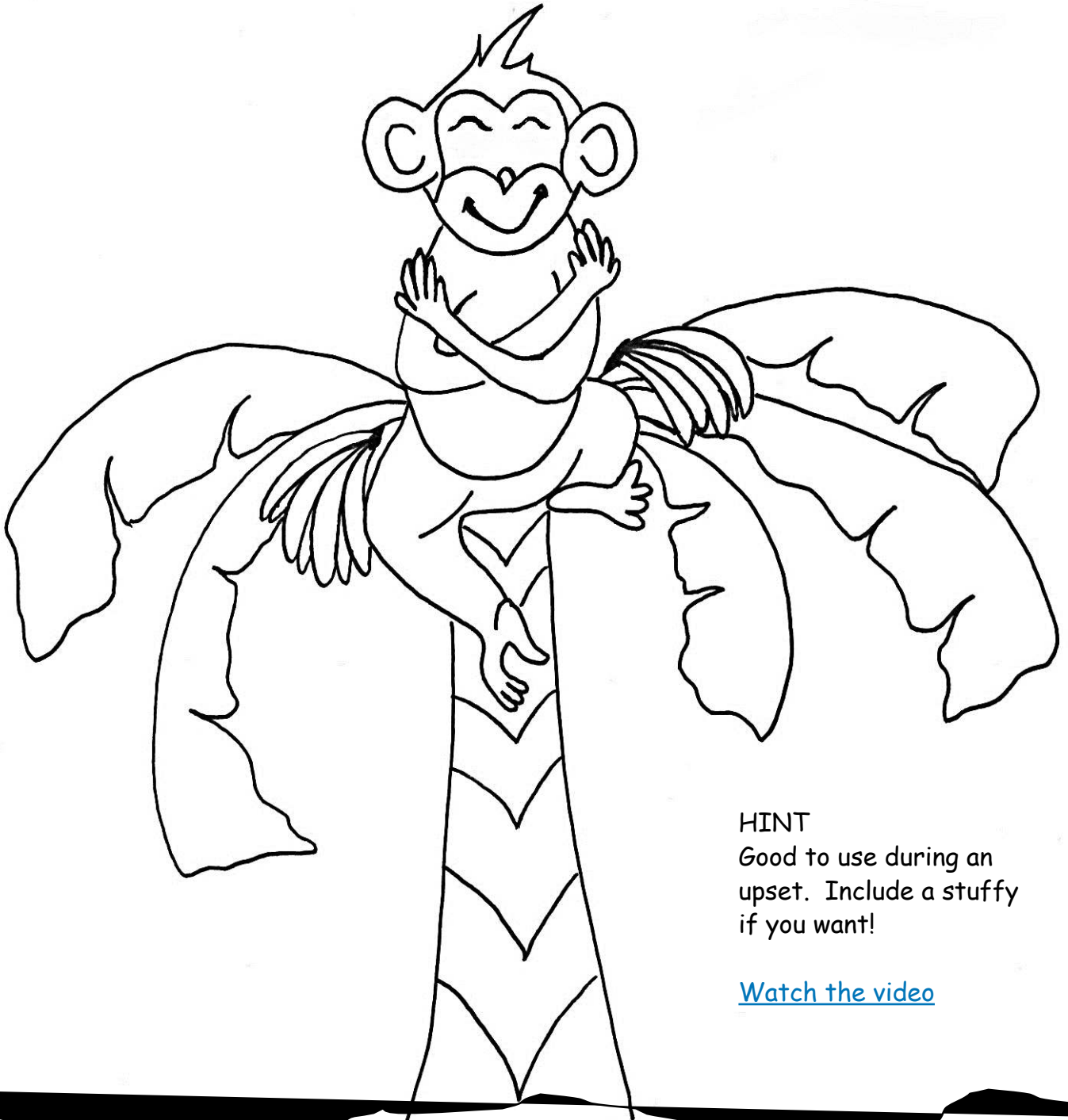
Blow the water over your back!

### HINT

Great way to release  
excess energy!

# Hug the Monkey

When You Need to Feel Better



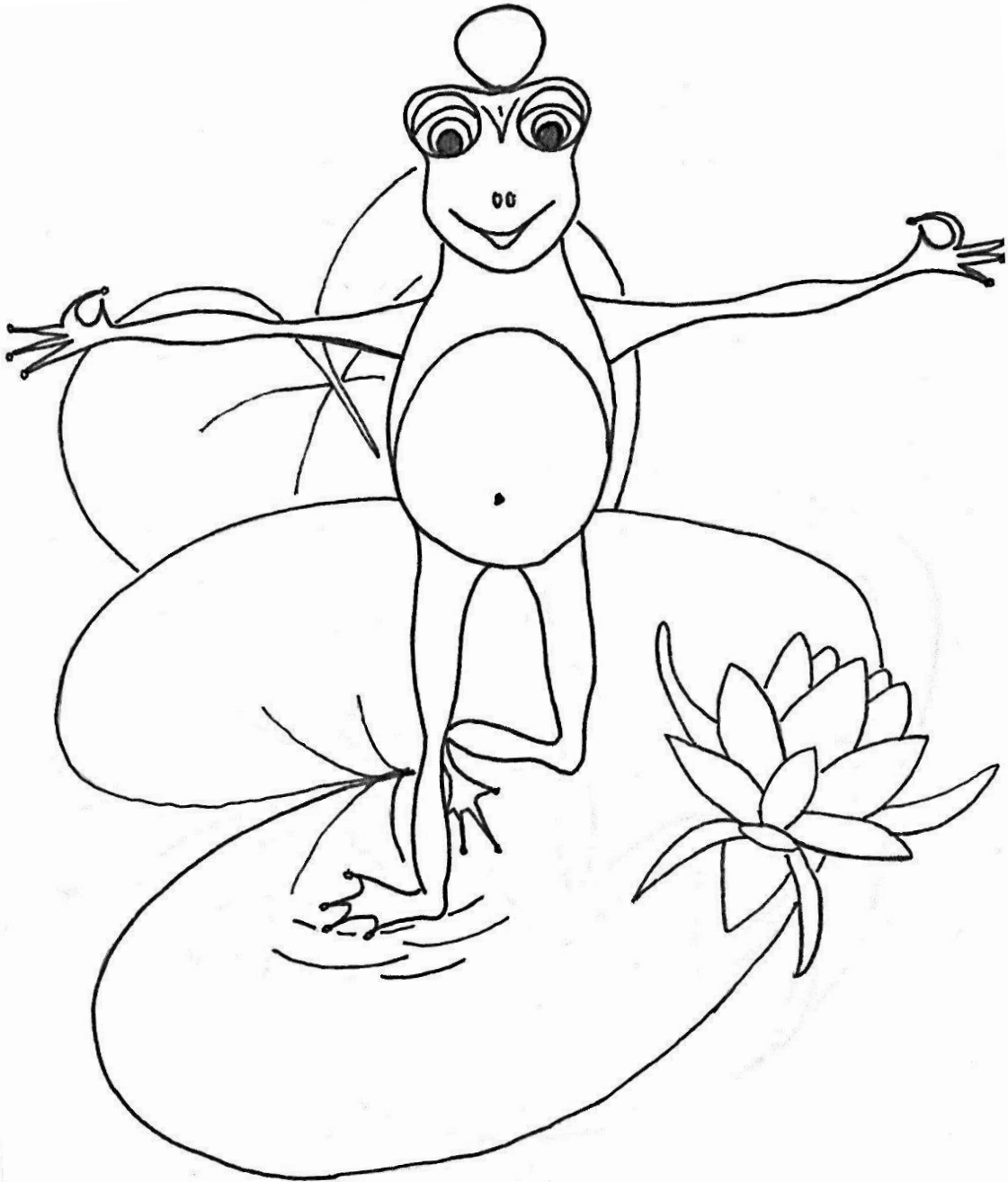
## HINT

Good to use during an upset. Include a stuffy if you want!

[Watch the video](#)

## Focused Frog

Like This Tree Frog, When We Need To Get Our Bodies  
Under Control, We can Do the Tree Pose  
(See if you can balance a rock on your head at the same time!)



[Read the book](#)

[Watch the video](#)

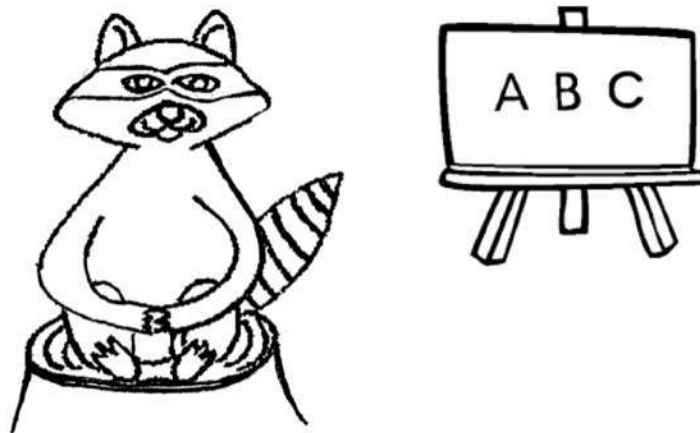
HINT

Try using while standing in line at  
the grocery store.

## Using taste.

Being Mindful means  
Paying full attention to what you are doing,  
And if you practice paying attention  
Your brain will get really good at it.

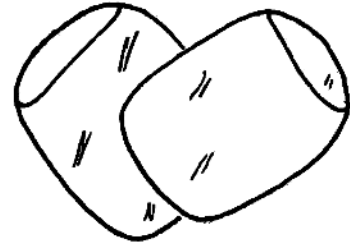
Like when you are learning your letters.



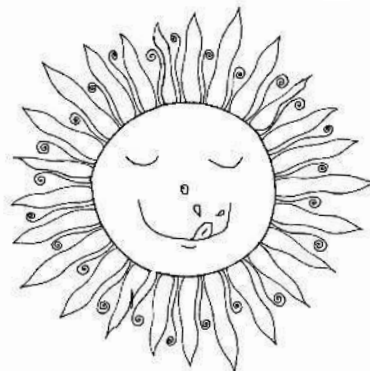
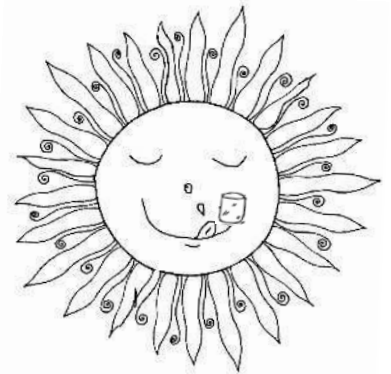
How do you pay full attention?

Well...for example...

Try to eat a marshmallow really, really slowly.

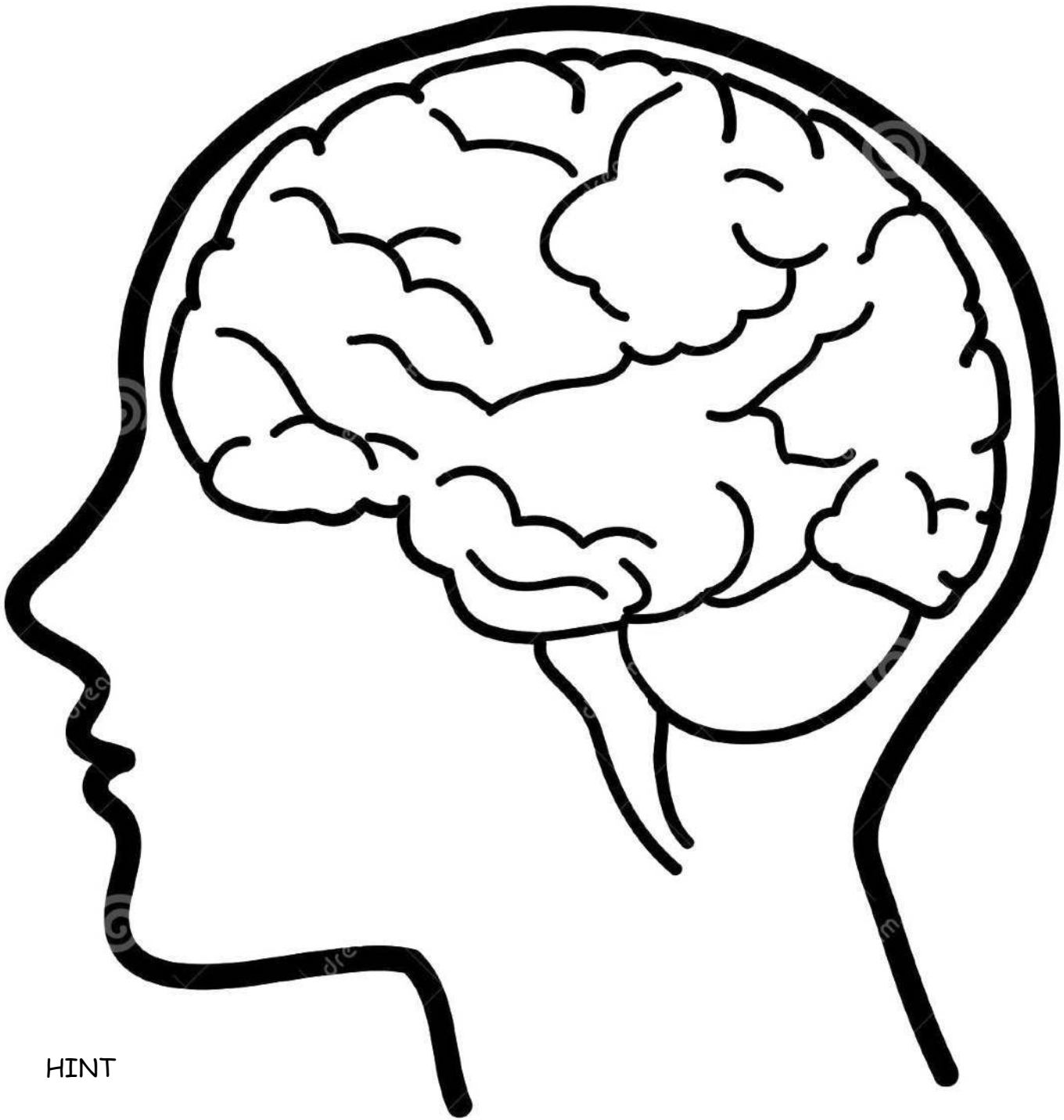


- Get a marshmallow and hold it in your hand
- Now just feel the marshmallow in your hand. You might want to close your eyes.
- Notice what how it feels...soft? Smooth? Squishy?
- I know you want to put it in your mouth! Not yet!
- When you think about putting it in your mouth, what happens in there?
- Put the marshmallow under your nose and take a deep breath in. Then let your breath out. How does it smell? Does it remind you of anything?
- Now place the marshmallow next to your ear. Can you hear it? What would it like to tell you?
- Ok. Good job waiting to eat the marshmallow. You are really paying attention.
- Now touch the marshmallow to the tip of your tongue. What happens?
- Stick your tongue way out and set the marshmallow on top of it.
- Don't eat it yet! WAIT!!
- Good.
- Ok. NOW EAT IT!!
- What's it like to slide marshmallow goo all over your teeth?
- How about your tongue?
- Is it sliding down your throat yet?
- Are you ready to swallow?
- Ok, now! Swallow.
- Good job! You just trained your brain to pay attention a little bit more.



[Read Our Book "Mindful Marshmallow"](#)

## Coloring Page



HINT

Mindful Coloring is one of our favorite ways to direct attention and re-set the brain.

[Check this out](#)

Color Me Calm!



# Coloring Page

## Your Brain at the Calm-Down Corner



### HINT

Make a Calm Down Corner at home. We all need a place to go where we can re-group. We call it a calm down corner. In this space we place special things that help us to calm down, like in the picture above.

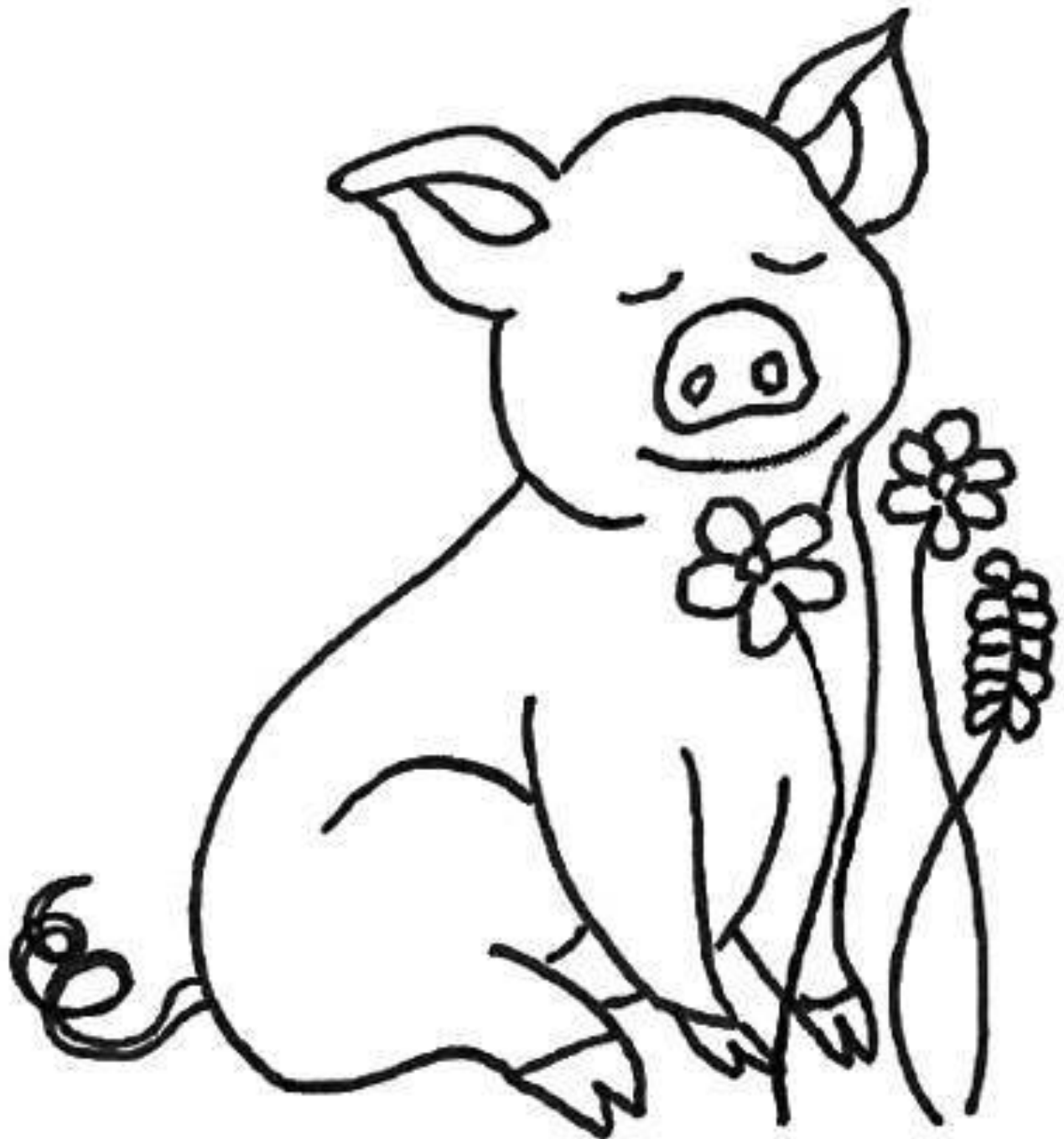
For more read ["Calm Down Time"](#)  
["Momento Para Calmarse"](#)

Coloring Page  
Going for a Ride - Belly Breathing



**HINT**  
At nap or bedtime  
place a favorite  
stuffy on your tummy  
and rock it to sleep  
with your breath.

Peaceful Pig Stops to Smell the Flowers...  
It Makes her Feel Warm and Happy!



[Read our book](#)

Thanks for empowering your child's  
brain!

The FocusedKids Team



A Brain Empowerment Program

[www.focusedkids.org](http://www.focusedkids.org)