



## week 6 activity guide- focus

<https://youtu.be/eHBBullA98U>

### overview

This Empower Session takes a close look at the importance of focus. Now more than ever, while we are all stuck at home, it is important to keep our focus level high so that we can do well on our schoolwork and any other tasks that you may have.

#### Here are a few tips that will help us all stay focused:

1. Create a good working space. By maintaining a consistent work space, your brain will remember that it's time to focus.
2. Set a timer. Sometimes focusing is easier if you know EXACTLY when you will get a break.
3. Make a list. At the start of your day, make a list of all the things you need to get done.

#### Being focused will allow us to perform at a high level and accomplish many things!

This lesson can be completed in 10 minutes.

### definitions

**Focus-** Focus means paying attention or concentrating. Staying focused helps people pay attention in the midst of distractions and setbacks and to keep the effort and energy needed to reach a goal.

### materials

**Paper** - Any paper will do! You will need a few sheets.

**Pen/Pencil**

### benefits of staying focused

In the video, we shared a few tips on how to stay focused. Below, you will find a few of the benefits that come from staying focused:

#### #1 You are quicker

When you focus on a single task, avoiding distractions, your brain becomes focused on that task alone. This lets you complete that task quickly as opposed to working on multiple tasks at the same time.

#### #2 Higher quality work

By giving all of your attention to one task, you limit the amount of mistakes that you may make otherwise.

#### #3 Less stress

When you aren't focused, you do not get as much done. This may cause you to fall behind on your work and become stressed.

**There are many reasons why staying focused can help us succeed. Keep these benefits in mind the next time that you have a list of tasks to accomplish.**

## activity overview- i am awesome!

**The goal of this game is to learn that we are more productive when we are focused on one task at a time.**

First, get a piece of paper and a pencil. Draw four horizontal lines on your piece of paper. For the first round of this activity, you will time yourself and see how long it takes you to write "I am awesome" and the numbers 1-10 on lines 1 and 2.

Round 2 starts to get a little tricky. During this round, you are going to do both lines at the same time. First you will write the first letter of the sentence, then the number 1, then the second letter of the sentence, and then number two. You will do this for the whole sentence and numbers 1-10 to show how much harder it is to get work done when we don't focus.

Compare both scores and see which round took longer to complete. Challenge a friend or family member to complete this activity.

Have fun!

## activity overview- picture focus

**The goal of the game is to remember as many items as you can in just 20 seconds.**

In this game we are going to show you a picture with lots of items. You're going to have 20 seconds to study the picture- during this period you're not allowed to take any notes. Just spend your time looking at the picture and trying to remember as many items as you can.

After the 20 seconds are over we will take the picture down and we will give you 40 seconds to write down as many items as you can remember. Good luck!



## bonus activities

### Scattergories

**The goal of this activity is to think of as many items in the category provided that start with a certain letter (category and letter found in the [Empower Sessions video](#)).**

We are going to be playing 3 rounds. Each round you will be provided with a new category and letter. You will have 30 seconds to complete each round.

For example, if the letter is L and the category is "fruits and vegetables", I would write down limes, and lettuce and lemon.

This game can be played alone or with others. Feel free to grab friends or family members to play along with you.

If you enjoy this game and would like a new set of letters and categories, use [this link](#) to generate more options and keep playing.

Enjoy!

## other resources

Up2Us sports have been putting out really incredible videos about lots of different sports. Check out [their website](#) for nutrition tips, soccer drills, fitness activities, and more!