



# POWERFUL WORDS

## CHARACTER DEVELOPMENT

## PARENTS PERCH

**Young students:** “I keep my eyes, ears and brain on the job until it’s done!”

**Older students/teens/adults:** “Using laser-like concentration to complete each task despite distractions.”

**Week 1 Focus defined:** What is focus and how can I use it?

**Week 2 Distractions:** How can I block out distractions, prioritize & focus?

**Week 3 Focusing skills:** How can I focus at home, school and in class?

**Week 4 Benefits & Consequences:** How can focus/lack of focus change my results?

Dear Family,

The Powerful Word of the month for June is “focus.”

Focus is such an important skill given that there are so many distractions competing for our attention these days. How can we concentrate on “necessary information” and block out “unwanted” stimuli? Being able to stay focused on the right details without getting hijacked by unneeded details takes effort but, I imagine you would agree, is crucial to each person’s success.

While attention span can vary from child to child, it is generally accepted that a child can concentrate for a longer period of time as they age. It is approximated that children can concentrate 2-3 minutes per age of life. So a 5-year-old child may be able to focus for 10-15 minutes while a 10 year-old child may be able to for 20 to 30 minutes. Of course, when children are really interested in a topic, they can often go for longer! For difficult

or boring tasks, small breaks after focusing for short lengths of time (and separating big jobs into smaller chores with breaks) can be very effective.

Children are naturally curious. They react to sounds, sights, and stimulation around them. Of course, this makes it challenging to concentrate on only one task! Concentration takes practice, skill, natural maturation and sometimes a little help from patient adults too!

There are many ways to help children with concentration. Studies show that, for example,

- o Music can be a powerful sensory tool that can be used during tasks to help increase short term focus. (Thaut, M.H. et al, 2020)
- o Using pictures and images with text can help increase children’s concentration (Jacob, U.S. et al, 2021)
- o Focus training on a regular basis can help increase attention over time (Chang, K., M., Lai, Y., 2020)

o Opportunities to connect with nature and needed “green space” can increase focus and wellbeing. (Vella-Brodrick, D.A. & Gilowska, K., 2022)

What helps your children to concentrate? Getting into a routine that allows them to use single-focus while doing cognitive tasks is great practice for the future!

We thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Here’s to your success!

Best Regards,

—Your Motivated and Dedicated Instructors

### UPCOMING POWERFUL WORDS

|        |             |
|--------|-------------|
| JUNE   | SELF-ESTEEM |
| JULY   | EXCELLENCE  |
| AUGUST | COOPERATION |