



# CANADIAN CUDDLES



## Focus Pocus Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ Focus Pocus Worksheet
- ▶ Pens / Pencils

#### L.O:

- ▶ To understand ways in which I can improve my focus.
- ▶ To perform the exercise that helps improve focus and concentration.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Have the children share times when they have found it difficult to focus on the task at hand and ask if they knew why they were having trouble.

#### MAIN TEACHING (10mins)

Depending on the reasons the children gave as to why they think they had trouble focusing, tell them that we can lose focus for many reasons. Such as being tired, disinterested, feeling different emotions or hungry.

But there are also lots of ways we can improve our focus, ask if the children can think of any and have them share. These could be such things as playing memory games, doing puzzles or even learning a new dance. All of which can help build our focus and concentration.

#### MAIN TASK - (15mins)

Tell the children that another way in which we can improve our focus and concentration is by imagining an image or scene and focusing on the details in that scene. Another way could be listening carefully to descriptions and drawing them out.

With this in mind, split the children into pairs and have them take turns to close their eyes and imagine a scene, taking note of all the details they can see. Then describe the scene to their partner who must listen to the description and draw it out in the frame on the worksheet, bringing the imagined scene to life as if by magic.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Ask for volunteers to share their drawings and have them explain how accurate, or not the drawings are compared to their imagined scene.

#### DID YOU KNOW!

A bear cub from Winnipeg in Canada was given to London Zoo where it was a favourite of a boy called Christopher Robin Milne, whose father then wrote the story of Winnie the Pooh.



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## Focus Pocus Worksheet

CHILDREN'S SHEET

We can improve our focus and concentration by imagining an image or scene and focusing on the details in that scene. Another way could be listening carefully to descriptions and drawing them out.

In pairs, take turns to close your eyes and imagine a scene, taking note of all the details you can see. Describe the scene to your partner who must listen to the description and draw it out on the worksheet and bring your imagined scene to life as if by magic.

