

Focus and Attention Lesson Plan | Elementary School (Grades 3-5)

My Focus Detective Journal

Lesson Goals:

- Students will observe and record their own attention patterns
- Students will identify activities that help or hurt their focus
- Students will create a personal strategy for better focus during homework

Estimated Time:

45 minutes plus time required for the Ongoing Project in 5-10 minute pauses over the next 3 school days.

Materials and Resources:

- "Focus Detective" journals (Small blank notebooks can be created by folding a few sheets of 8.5x11 sheets of paper in half)
- Colored pencils/markers
- Timer
- Simple puzzle or worksheet (Some examples include [these word searches](#) or [these I Spy games](#))

Activity Procedure:

1. **Puzzle Hook** (10 minutes) Have students attempt two similar simple puzzles:

- First attempt: With music playing and periodic interruptions
- Second attempt: In complete quiet
- Record completion times and accuracy for both attempts

2. **Group Discussion** (8 minutes)

- Which attempt was easier? Why?
- How did their body feel during each attempt?
- What helped them focus better?

3. **Focus Detective Journal Creation** (20 minutes) Students create their personal "Focus Detective Journal" with sections:

- "My Focus Superpower Times" (When I focus best)
- "My Focus Kryptonite" (What distracts me)
- "My Focus Tools" (Things that help me concentrate) Include drawing activities and simple charts for tracking focus levels

4. **Ongoing Project** (7 minutes explanation) Use the Focus Detective Journal for three days to:

- Track study environment
- Rate focus level (using emoji faces)
- Draw or write what helped or hurt focus

Teacher will pause 2-3 times per school day to ask students to write in their Focus Detective Journal about their experience in a certain class or while doing a certain activity. Teacher should vary the experiences so students journal about group work, independent work, time when the room is loud or silent, times when they are still or moving, etc.

Closing Activity:

Students present their journal findings in small groups the following week, sharing their best focus strategies.



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