



Engaging Students with Poverty in Mind

Engage for Energy and Focus

#3 Lower Energy to Increase Focus

Focus is an essential skill for students to have in school and in life: it enables them to self-regulate their behavior and enhances cognitive functions such as decision making. In addition, increasing students' focus relieves stress and provides a sense of empowerment and autonomy.

It's important to explicitly teach students how to replace negative self-talk with positive self-talk.

Deep breathing and meditation are highly effective in helping students mediate and reduce the effects of stress.

Teaching refocusing and mindfulness, even at the elementary level, has been shown to have lasting benefits.

"Short Term" Solutions you can use:

1. Pause and collect.
2. Mobile mirror.
3. Stretch.
4. Balance and point.
5. Write to focus.
6. Foster positive self-talk.
7. Enlist student teams to conduct focusing activities.