



MINI MASTERS LITTLE DRAGONS & NINJA CADETS

4 Ways To Focus

Staying focused in class can be challenging for children, especially the younger ones however, learning how to focus is an important skill that they need to learn, understand and practice.

Here are the 4 ways we teach children to be focused in class.

Focus #1. – Focus with your EYES

Keep your eyes on your instructor at all times so that you can see what they are demonstrating.

Focus #2. – Focus with your EARS

Always be listening to the instructions being given by your instructor so that you hear all the information you are being told.

Focus #3. – Focus with your MIND

Try to concentrate on what you are seeing and hearing from your instructor. Oftentimes there will be other things that will try to distract your attention so make sure you are only thinking about the things that are happening right now, in front of you.

Focus #4. – Focus with your BODY

Try to remain still when you are watching and listening to instructions being given, unnecessary movement will distract you and others. Keep your posture straight, your eyes forward watching the person who is giving instructions with your ears open. Try not to fidget around. This is a very important part of good focus.