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When I Can't Focus

Coping skills for
kiddos who struggle
to pay attention

There are times when
we struggle to focus - it
happens to everyone
and it's totally normal!

It can be frustrating,
though, so Coping
Skills can help!

(Hint: Keep reading!)



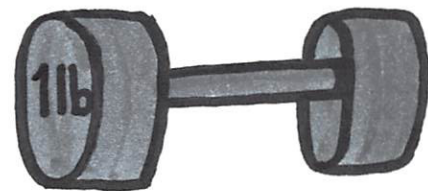
First things first: it can
be easy to become angry
with yourself for getting
distracted - try to be
understanding and
patient with yourself!



Nobody is perfect!

In order to focus well,
your body needs to be well
taken Care of! This means:

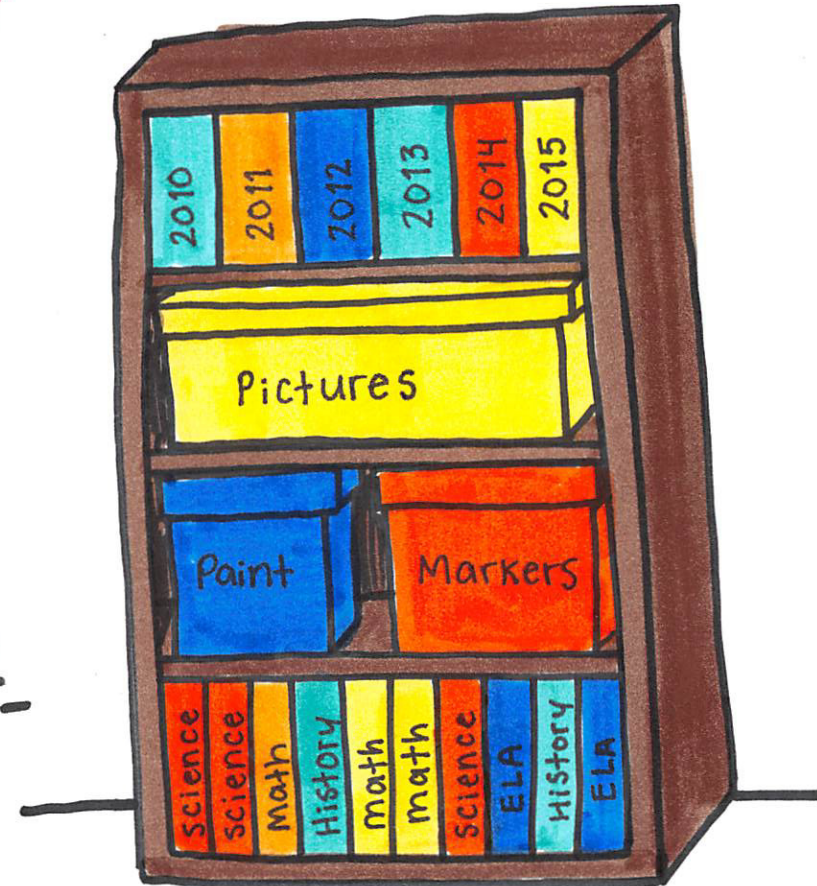
- Eating a well-balanced, healthy diet
- Getting enough sleep every night
- Getting enough exercise every day



It is very important to have an organized environment in order to stay focused.

① You aren't distracted by what needs to be picked up!

② You can find what you need and not get distracted looking for things!



It helps with focus
to do one task at a
time.



I have to
pick up my
bedroom and
fold laundry-
I'll pick up
first, then fold
laundry.

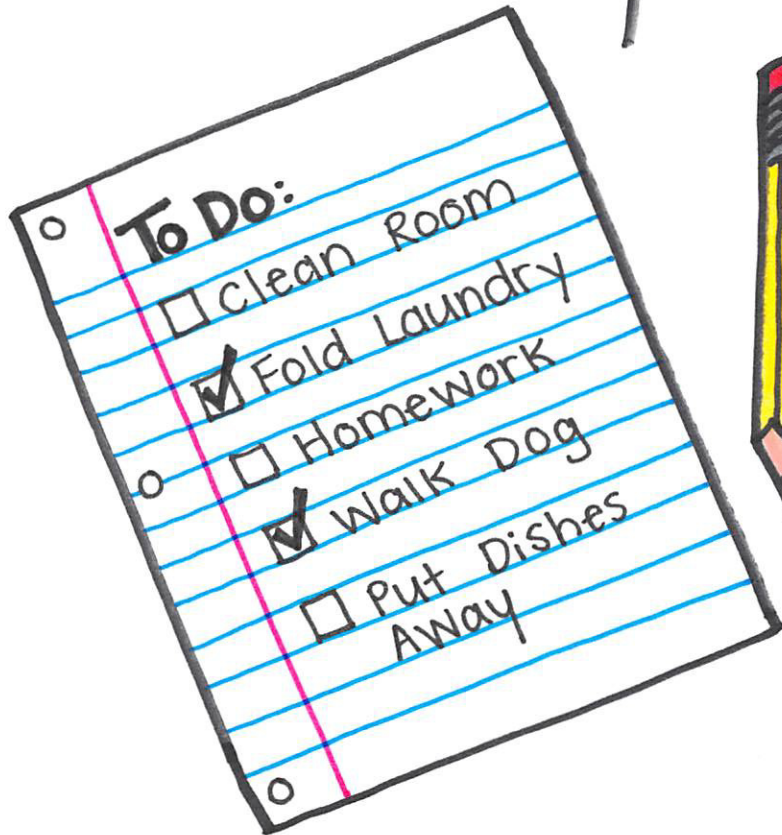
If you need to focus on something, ask for what you need:

- Quiet space
- Enough space to work
- Help organizing materials
- Help prioritizing tasks

It's okay to ask for what you need!



If you have a number of tasks to complete, making a To Do List can really help you focus!



As you complete tasks, you can check them off - this feels good!!



If a task seems so big it is overwhelming,
chunk it into steps.
Then just work on one
step at a time.



It's easier to focus when you are not feeling overwhelmed...

When you are working on a long task and need to focus, take breaks.

Taking breaks makes your brain work better when you are working



I've been working for an hour. Break Time!

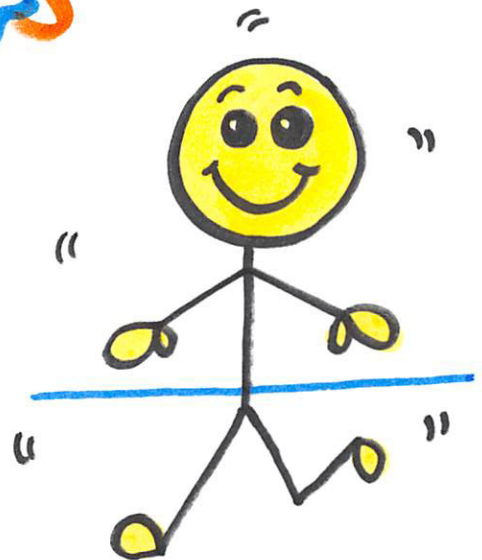
→ In other words, it helps you to focus better!

When you take a
break, make sure you
move.

- Jumping jacks
- Run in place
- Sit-ups/crunches
- Push-ups
- Jump rope
- Go up and down
Stairs a few times
- Hop on one foot
and then the other

5-10
minutes of
moving gets your
brain and body ready
to focus again!

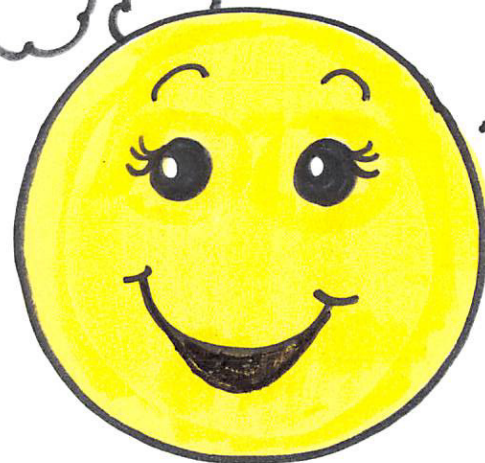
Just
Move!



When you are trying to focus, but having a hard time, re-direct yourself with positive statements → after all, You are the boss of your brain!!

Examples:

- "You CAN focus!"
- "I can do this!"
- "I got distracted - it's okay - I'll get back on track!"



I am the boss of my brain!!

Remember:

Everyone struggles to focus sometimes - it's totally **normal!!**

There are times when we need to focus, though - that's why we have

Coping Skills!!



Don't Forget:



You are BRAVE and
you are STRONG!!

You can COPE

and get back on track
if you get distracted!

