

OCTOBER 2016

PARENTS PERCH

FOCUS



Young students: "I pay attention even when it is hard to do!"

Older students/teens/adults: "Using laser-like concentration even when there are distractions."

WEEK 1 Focus defined: What is focus and how can I use it?

WEEK 2 Distractions: How can I block out distractions, prioritize & focus?

WEEK 3 Focusing skills: How can I focus at home, school and in class?

WEEK 4 Benefits & Consequences: How can focus/lack of focus change my results?

Dear Family,

The Powerful Word of the month for October is "focus."

Focus is such an important skill given that there are so many sights and sounds that compete for our attention these days: Our families, jobs, the internet, friends, and a whole host of advertisements and media. Focusing on "wanted information" and ignoring distractions takes effort but is crucial to our success.

Children are naturally curious. They react to sounds, sights, and stimulation around them. Of course, this makes it challenging to concentrate on only one thing! Concentration takes practice, skill, natural maturation and sometimes a

little help from patient adults too!

Dr. Robyn Silverman, the creator of Powerful Words, was interviewed for *The Today Show* on children's television programming and its effect on our brain's executive functioning (our focus center). She talked about how fast-paced children's programming may have a detrimental effect on executive functioning. While the exact effect is still disputed, it's best to limit fast-paced TV programming.

On the flip side, studies tell us that there are ways to bolster our children's ability to focus. A recent study out of Université de Montréal published in late 2015 shows that organized extracurricular sport activities

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for children help them develop and improve cognitive skills (such as greater concentration capacity), that can help them in the classroom. Getting energy out and having a sense of belonging (like in our classes!) seems to bolster attention.

We thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Here's to your success!

Best Regards,

—*Your Motivated and
Dedicated Instructors*

UPCOMING POWERFUL WORDS

NOVEMBER Dependability
DECEMBER Open-mindedness
JANUARY Empathy