



Student's Name _____

Student's Belt Rank _____

DUE DATE

October 2021

Remember these sheets are your responsibility, not your parents



Yuen's Family Martial Arts Centre

FOCUS

"Where focus goes, energy flows."

What Is Focus?

Focus is an important skill for our everyday lives. It means concentrating on one thing and being in the moment. In order to practice true focus, we must focus our eyes, our mind and our body.

When we focus our eyes, we look at the person speaking or the environment around us. When we focus our mind, we listen to the person talking to us and think about what is being said. When we focus our body, we show everyone that we are listening and paying attention.

Focus means concentrating on one thing at a time and not letting anything distract you.

Focus Your Mind

Monday - focus on being positive. *What were 3 awesome things about my day?*

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Tuesday – focus on the important people in your life
How did you show the people you love / who love you that you care about them?

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Wednesday – focus at school
List 3 things that you did that showed focus at school. Ex. What did you learn? How did you show your teacher or friends you were focused?

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Thursday - focus at home
How did you show focus at home? Turn off TV while you did homework? Helped parents? Cleaned up after yourself?

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Friday – focus on your environment
Ex. Pick up the litter that is lying around. Tidy the house.

Focus Your Eyes

Complete the following maze by focusing your eyes.

GUIDE ROGER RODENT TO THE CHUNK OF CHEESE!

