



# CONCENTRATION

I can focus my mind,  
body, and heart.

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# Fuzzy and Clear



# Nature Study



See

Hear

Smell

Feel



Do belly-breathing.

Play with a fidget toy.

Do a yoga pose.

Set a timer.

Go for a run.

Use the STING strategy.

Have a healthy snack.

Put on white noise.

Listen to some instrumental music.

Sit on an exercise ball.

Sit on a cushion.

Make a list of the things you need  
to do.

Concentration: I can focus my mind,  
body, and heart.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated ten times.

*Concentration: I can focus my  
mind, body, and heart.*

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline.

# Concentration Quotes

“The first essential for the child’ development is concentration. The child who concentrates is immensely happy.”

Maria Montessori

“Stay focused, go after your dreams and keep moving towards your goals”

LL Cool J

“ Always remember, your focus determines your reality.”

George Lucas

“ The successful warrior is the average man, with laser-like focus.”

Bruce Lee

“ Stay focused, ignore the distractions, and you will accomplish your goals much faster.”

Joel Osteen

“Education is an atmosphere, a discipline, and life”

Charlotte Mason

“Concentration is the secret of strength”

Ralph Waldo Emerson

“Concentrate all your thoughts upon the work at hand. The sun’s rays do not burn until brought to a focus.”

Alexander Graham Bell

# Scriptures for Motivation

**Proverbs 16:3** - Commit thy works unto the LORD, and thy thoughts shall be established.

**Philippians 3:12-14** - Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus....

**Matthew 24:13** - But he that shall endure unto the end, the same shall be saved.

**Romans 12:2** - And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what [is] that good, and acceptable, and perfect, will of God.

**Hebrews 12:1-2** - Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset [us], and let us run with patience the race that is set before us,...

**Romans 12:21** - Be not overcome of evil, but overcome evil with good.

**Luke 10:41-42** - And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things...

**Philippians 4:13** - I can do all things through Christ which strengtheneth me.

**Matthew 7:13-14** - Enter ye in at the strait gate: for wide [is] the gate, and broad [is] the way, that leadeth to destruction, and many there be which go in thereat...

**Nehemiah 6:3** - And I sent messengers unto them, saying, I [am] doing a great work, so that I cannot come down: why should the work cease, whilst I leave it, and come down to you?

**Isaiah 41:10** - Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

**Romans 15:4** - For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

**Ephesians 4:29** - Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

**Luke 21:36** - Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

**Romans 13:11** - And that, knowing the time, that now [it is] high time to awake out of sleep: for now [is] our salvation nearer than when we believed.

**1 Corinthians 13:4-5** - Charity suffereth long, [and] is kind; charity envieth not; charity vaunteth not itself, is not puffed up,...

**Proverbs 4:25** - Let thine eyes look right on, and let thine eyelids look straight before thee.

**Isaiah 50:7** - For the Lord GOD will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed.

# Books for Motivation

## Picture Books

- *How to Find Gold*, By Viviane Schwarz
- *The Listening Walk*, By Paul Showers
- *This is Sadie*, By Sara O'Leary
- *Zoom*, By Istvan Banyai
- *Listening Larry at School* o*Listening Larry at Home*, By Kirsten Willison and Elizabeth Sautter
- *Mrs. Gorski, I Think I have The Wiggle Fidgets*, By Barbara Esham and Mike Gordon

## For Tweens and Teens

- *Trout and Me*, By Susan Shreve
- *Bluefish*, By Pat Schmatz
- *ADHD in HD: Brains Gone Wild*, By Jonathan Chesner

# Concentration Poetry

## Focus

By Robert Longley

The light on the horizon  
The bull's-eye on the wall  
The strength to do impossible  
When others simply fall

What creates the difference  
Between those who succeed or fail

What creates a future  
To which all others pale

Do you have the focus  
To bring it all on view  
To do what is required  
That others fail to do

This one course draws us forward  
And brings success to light  
It's there we meet our future  
Magical and bright

# Concentration Games

- Complete a crossword puzzle
- Do a jigsaw puzzle
- Figure out a Sudoku
- Build a complete Lego build from the instructions
- Assemble five tangram pictures
- Play Memory
- Play Rummikub
- Play Simon Says
- Do brain teasers