

Wow! Focus Tron

wants to give your brain superflexible, super organized power!

Power #1: The Decider power helps you to stop, describe, and decide the powers of the Thinkable.

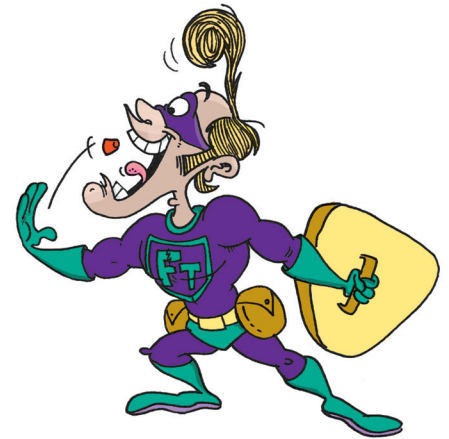


- This Thinkable helps people defeat Brain Eater, Day Dreamer, One-Sided Sid, Body Snatcher, and Energy Hare-y. **Focus Tron** gives people greater focusing powers both in the classroom and at social times.

Power #2: The Social Detective power helps you to observe the situation and the people in the situation.



- Your Social Detective is busy observing others and notices when citizens look like they can't focus on what they're supposed to be doing. Your detective can tell this when people's eyes seem to be looking at something different than their work or the person who's speaking. Your detective powers also see that sometimes people show they're not focused because they get up and sit back down in their chair so much.
- Because your Social Detective is so aware of what it looks like when people lose focus, he works really hard to help you stay focused. This is why this Thinkable is called Focus Tron. He can keep you concentrating on what you're expected to be doing so the teacher and your peers can see you're working hard to focus.



Focus Tron

Power #3: The Brakester power helps you to stop and think to discover the hidden rules.



- If people find they're getting very distracted and can't focus, they need to be aware that one of the Unthinkables is trying to gain power in their mind. They need to work with Focus Tron to use their super powers! They're expected to take time to stop and think about ways to help themselves take back their power of concentration. Then they can focus on what they need to do or what's expected.

Power #4: The Flex Do-Body power helps you to use flexible thinking to choose strategies to use to do what's expected.



- Try and remember to be thinking with your eyes about what the speaker is telling the group.
- Use help from Focus Tron to select a fidget, which is an object like Silly Putty, Play Dough, or a squishy ball. You touch or squeeze the

Thoughts of Social Town Citizens

Social Town citizens appreciate it when fellow citizens concentrate in class or when people are talking with each other. Focus Tron is a popular and helpful Thinkable in Social Town.

PAYING ATTENTION: FOCUS TRON

fidget with your hands while you keep your eyes focused on the person who is speaking or your task. This can help you keep your brain focused on your work. When your hands are busy, you have a place to direct your extra energy.

IMPORTANT NOTE: If you're using a fidget to keep your hands busy but you keep staring at or focusing on your fidget, the fidget is now called a distracter. Distracters are taken away because they're not helping to sharpen your Focus Tron!

- c. You can put something in your mouth, like gum, hard candy, or a mint, to help your brain concentrate. This can help keep your brain and body in the group.

IMPORTANT NOTE: It's tricky to use candy or mints as things to help you focus because some people might pretend they can't focus because they want to get the candy. Parents and teachers are only allowed to use these as a Focus Tron helper if this strategy has helped you before. Parents and teachers can use their Social Detective to see if putting something in your mouth works for you. If the food is a distracter or isn't helpful, it won't be a choice again.

- d. Move to a quieter work place in the classroom.

- e. Focus Tron can help you find a different way to sit in the classroom that will make it easier for your body to let your brain focus. This could be with an exercise ball or a beanbag chair.

- f. An occupational therapist (a special teacher at school) can help you choose which of these strategies will help give your Focus Tron more power to help defeat the Unthinkables.

Power #5: The Cranium Coach power helps remind you to use your self-talk to tell yourself you've done well using new strategies.



- You can tell you've done this today when you can say to yourself:
"I used my eyes and body well to help my brain concentrate (focus) on what I'm supposed to be doing!"

Note to teacher:

You may want to look at the book *The Zones of Regulation* (Kuypers, 2011), which teaches more strategies to help students learn to do their best with their bodies and brains!