

THIS MONTHS HOMEWORK IS ON

FOCUS

FOCUS is important for many reasons. We learn faster, can stay much safer and show others respect. Focus is the ability to block out all distractions. There are many ways we can stay FOCUSED. When you look someone in the eyes while they speak is one way to stay focused.

1. Define FOCUS.

2. Look up and give 2 positive quotes about FOCUS

1. _____

2. _____

3. When we stay focused we can reach our goals better. **True / False**

4. Tell us how staying FOCUSED has helped you in a situation.

5. FOCUS shows you respect the person who is speaking **True / False**

6. Tell us how a situation would have turned out better if you had stayed FOCUSED.

7. How many times faster will you learn if you keep your eyes on your teachers eyes?

A. 99 times

B. 3 times

C. 2 times

D. 9 times

8. It's ok to not stay FOCUSED while we are in Karate class. **True / False**

9. Name 3 times you **must** use FOCUS.

1. _____

2. _____

3. _____