

Tenet Lesson



Concentration

What does it mean & why is it important?

Answer:

Concentration means Complete Attention

It's important because it allows you to learn, understand or finish a task or job to
the absolute best of your ability

Lesson:

Lots of things in life take focus and concentration. School, karate, even picking up toys or putting away your things. Sometimes it's hard to concentrate and focus and our minds wander. This happens to all of us. And we often hear our parents and teachers say "Focus" or "Focus and Finish". But how? First know that learning to concentrate takes practice! Below are some helpful ways to keep your mind on track when completing a task:

- 1.) Set a reasonable goal to attempt to completely focus on one certain task.
- 2.) Now approach it like a game. Challenge yourself to stay focused on the task at hand. Do not let your mind wander. Just like any other contest we have fun participating in...(i.e the quiet game, the statute game).
- 3.) Try it for short periods of time. Did you meet your goal? If not, try again! Concentration takes practice!
- 4.) Here's one more. Once a day in a really quiet place, turn up your listening. What do you hear? Focus on the silence. Do you hear birds? Cars? Focus and listen...what do you hear happening around you?

Concentration Homework:

Share your example of how you demonstrated or practiced concentration and focus.
Write it down, draw a picture or tell us a story!