

Focus Finder Desk Strip Instructions

A Supplement to *Minute Moves for the Classroom Book*



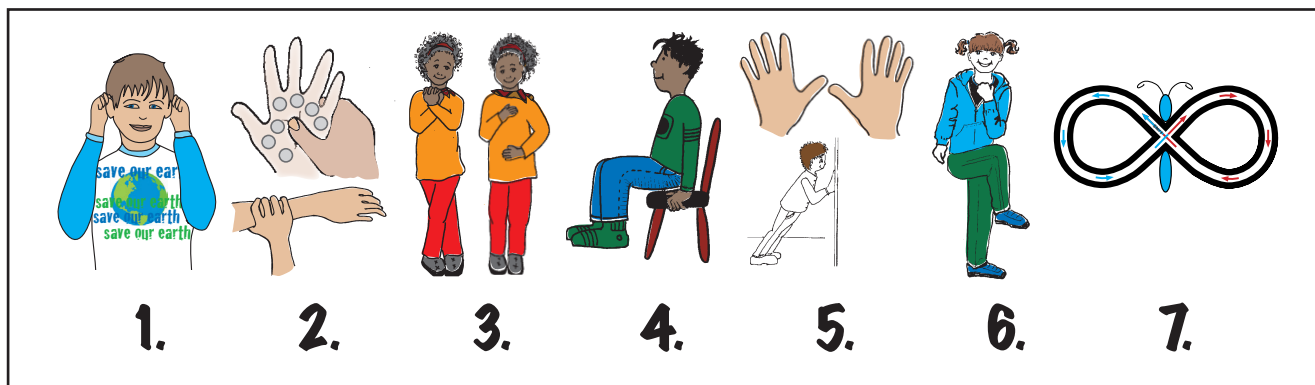
The **Focus Finder Desk Strip** was created because teachers needed a way to quickly provide focus strategies for students without interrupting their instruction time.

The desktop tent design creates an easy way to set the tent on desks. One side has focus reminders and the other side is used for the one minute vision warm-up.

Teach all the moves on the strip in advance and let students practice the moves until they are familiar and comfortable with each one. Then, during the day, simply point to the movement a student needs without verbalizing instructions. The student does the movement independently, usually in sets of ten (ten Dots, ten Squeezies, etc.).

Encourage independence by repeating daily something like this, “When you need to refocus, calm down, wake up, or get ready for a test, this Focus Strip reminds you of the different ways you can be your best learner.” Ultimately, students should no longer need prompting and take responsibility for doing the move they need on their own.

The Focus Finder activities can be alerting or calming depending on the child’s unique sensory system. In general, Dots & Squeezies, Wall Push-ups, and Chair Lifts are quieting to the system. The Figure 8 is integrating and great to use prior to testing or new learning situations. Cross Crawls awaken and integrate when students stand and do ten at first signs of yawning or learning fatigue. Listening Ears work well for talkative children who need to refocus or can be used proactively for a group who needs to listen to instructions.



- 1. Listening Ears:** Massage and unroll the ears gently. Begin at the top of the ears and massage to the bottom of the ears. Repeat five times.
- 2. Dots & Squeezies:** Press thumb firmly into and around palm of the hand for a count of ten. Pause and take three deep breaths. Change hands and repeat on other hand.
- 3. Pretzels & Heart to Home:** (Pretzels): Cross wrists. Interlock fingers in front of chest. Roll crossed hands under and into chest with thumbs leading while pointed at the floor. Relax shoulders. Cross legs. Tongue is placed at the roof of the mouth. (Heart to Home): Place one hand over the heart, the other hand on the belly. Take three deep breaths. Come to a quiet, focused place in the body.
- 4. Chair Lifts:** Lift total weight off chair. Feet are off the floor. Hold for three to five seconds. If too difficult, bring knees to chest without lifting body off chair. Repeat five times.
- 5. Wall Push-ups:** Push against the wall. Elbows are bent and tucked in; hands are at chest height. Legs are extended back. Feet are flat on floor.
- 6. Cross Crawls:** While standing, bring opposite knee to elbow, then switch. Repeat ten times.
- 7. Butterfly 8's:** On a piece of paper or using a Butterfly 8 card, trace the Figure 8 ten times with the right hand, left hand, and then both hands. Follow with the eyes. Try not to move the head. Keep 8 at midline of body.



Modified Chair Lift

Focus Finder Vision Strip:



FSIC 081916

See suggested activities on side two.

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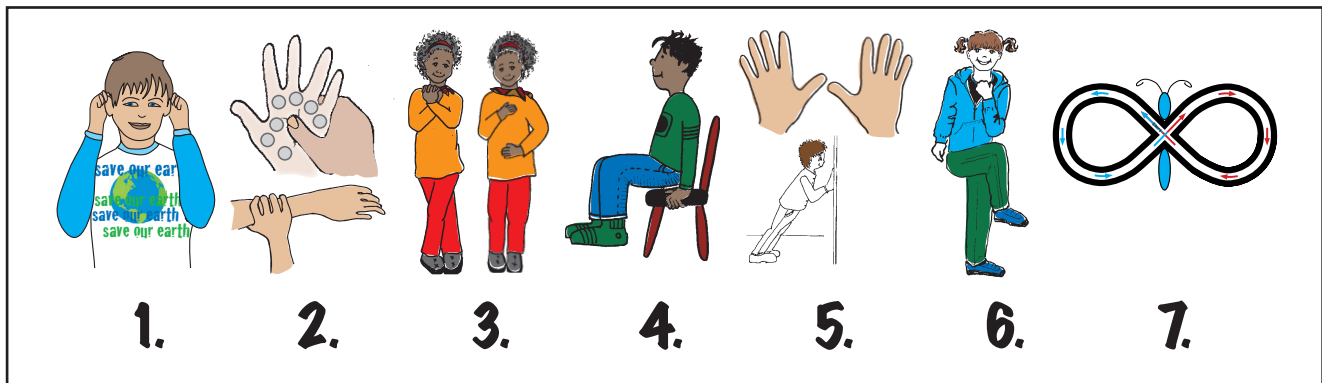
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