

Day 1

Sharpen Your Focus

Think, Pair, Share:

Take 30 seconds to list your top 3 main distractions.

- What usually pulls your attention away when you're trying to focus?
- How does it feel when your mind is juggling too many things at once?

Day 1

Sharpen Your Focus

Please look at the images below.

What do you think the artist is trying to say and do?
Do you agree or disagree?



Day 1

Sharpen Your Focus

Thought for the day:

"I can create space for my attention. I choose to simplify what distracts me."

Today's task:

Listen to Episode One of the Sharpen Your Focus Series



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Day 2

Sharpen Your Focus

Think, Pair, Share:

- When have you noticed it's hard to focus because you're multitasking?
- What does it feel like when you give one thing your full attention?

Day 2

Sharpen Your Focus

Choose one simple task (writing, drawing, tidying, or talking) and give it your full attention for five minutes.

No switching, no checking devices.

Afterwards, reflect on how it felt and what you noticed.



How long can you focus on the green dot for?

Note the number you got to before you looked away.



<https://www.youtube.com/watch?v=vhaYnT08kLI>

Day 2

Sharpen Your Focus

Thought for the day:

**"My attention is powerful. I
choose to direct my full focus to
one thing at a time."**

Today's task:

**Listen to Episode Two of the
Sharpen Your Focus Series**



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Day 3

Sharpen Your Focus

Think, Pair, Share:

- What helps you stay focused for longer?
- How can short breaks help you keep your energy steady?

Did you happen to know?

Focus can be trained like a muscle: every time you notice your attention wandering and gently bring it back, you strengthen it.

Day 3

Sharpen Your Focus

You can choose one task.

Set a timer for 10–15 minutes and focus only on that for that time.

Take a real 5-minute break (stretch, move, or breathe), then reflect on how it felt.

→ Why do we often not do this?



https://www.youtube.com/watch?v=Trb_fRD5wnY

Day 3

Sharpen Your Focus

Thought for the day:

"My focus is resilient. I can build and sustain my attention, and I will gently return it whenever it wanders."

Today's task:

Listen to Episode Three of the Sharpen Your Focus Series



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