



## It is easy to focus on schoolwork

### Why is this important?

Most members of your group report they find it easy to focus on their schoolwork. Difficulty concentrating on tasks can be caused by a variety of factors. If your students are struggling with focus, you may be able to help by exploring the underlying causes and sharing tips that will help them with concentration.

### If you have trouble focusing, try these easy tips!

- Are your students struggling to focus because the amount of work seems overwhelming? Try to divide instruction into smaller segments or show students how to break their work into smaller "chunks."
- Are your students getting enough sleep? Remind them that sleep is directly related to many aspects of health, including focus. This link contains information that adults can use to help students understand this topic better.
- Are your students trying to multitask? This can make it difficult to maintain focus. This article by the Cleveland clinic explains this phenomenon and contains links to studies that contain more information.
- Intentionally create calm and mindful moments in your classroom that can help students regain their focus. Modeling these strategies can help them learn to do the same at home.
- If you suspect that students may have a deeper learning or cognitive difference that may be affecting their focus, be sure to speak to the school counselor to share your concerns.



## I eat breakfast every day

### Why is this important?

Many members of your group report that they do not eat breakfast every day. Proper nutrition is critical to all areas of your students' health and wellbeing. It directly contributes to their overall physical, social, and mental/emotional health. While each meal throughout the day has important benefits, eating breakfast each day is an important way to begin the day, and can help set your students up for success.

### Discussion topics and tips

- Talk with your students about nutrition. It's important for them to learn that food fuels their bodies and energy levels, and how a healthy diet can impact their overall wellbeing.
- If your students wonder why breakfast is important, share these important tips:
  - ✓ Breakfast is "fuel" for your brain in the morning – it helps you be more alert and focused.
  - ✓ Eating breakfast replenishes your bodies glucose levels and gives you a boost of energy.
  - ✓ Eating breakfast helps your immune system function at its best.
  - ✓ Eating breakfast helps balance your blood sugar levels, which can help prevent headaches, improve your mood, and help you sleep better at night.
- If you have students who do not have access to breakfast in the morning, check with your school administration about possible solutions. Perhaps school programming could be developed to provide a morning meal to students who are missing out.
- If possible, keep healthy snacks in your classroom for students who do not have access to breakfast.
- Recognize that food insecurity is a real threat to many students and reach out to the school counselor or social worker if you feel a student may be facing this situation.

