



Focus Anchor

Set a timer for 6 minutes. Work
until it rings. Then move your body
for 2.

Brain note: a short, set time feels safe, so
starting takes less effort.



Focus Anchor

Race the timer, not yourself. Ten minutes on one task, then stop and see how far you got.

Brain note: knowing when work ends helps the brain spend its energy now.



Focus Anchor

Try a sand timer you can watch.

When the sand runs out, you are
done with this round.

Brain note: watching time pass helps the brain
feel how long a task really is.



Focus Anchor

Put a countdown clock where you
can see it. Glance, then go back to
your work.

Brain note: when time is visible, the brain
stops guessing and can settle.



Focus Anchor

Color in one square every minute.

Ten squares means ten minutes of
focus.

Brain note: turning time into something you
can see makes it easier to hold onto.



Focus Anchor

Draw a finish line first. Done means
five sums. Then work toward it.

Brain note: a finish line the brain can see
makes waiting easier.



Focus Anchor

Say out loud what finished looks
like before you start. Then go and
find it.

Brain note: a clear ending gives the brain
something to steer toward.



Focus Anchor

Put a sticker on the page where
this round of focus stops.

Brain note: a visible end point tells the brain
how much effort to save.



Focus Anchor

Work beside someone doing their own quiet work. You do not have to talk.

Brain note: a calm person nearby helps the brain stay in a working rhythm.



Focus Anchor

Ask a grown-up to sit close and
read while you work. Same table,
different jobs.

Brain note: company can make a hard start
feel less lonely and less heavy.



Focus Anchor

Try a video call with a friend where
you both work, cameras on and
mics off.

Brain note: being gently seen can nudge the
brain to keep going.



Focus Anchor

Keep one page out. Put the rest in
a folder until it is their turn.

Brain note: fewer things in sight means fewer
things pulling at attention.



Focus Anchor

Cover the other questions with a
sheet of paper. See only the one
you are on.

Brain note: the brain works better on one
thing than on many at once.



Focus Anchor

Cut the worksheet into strips. Hand
yourself one strip at a time.

Brain note: a small piece looks doable, and
doable work is easier to start.



Focus Anchor

Ten jumps between tasks. Wiggle, shake, stretch, then sit back down.

Brain note: moving your body wakes up the parts of the brain that hold focus.



Focus Anchor

Walk once around the room, then
start the next question standing up.

Brain note: a short walk can reset attention
when it starts to slide.



Focus Anchor

Push your palms together and
count to five. A quiet break that fits
at a desk.

Brain note: gentle pressure in the muscles can
help a busy body settle.



Focus Anchor

Crunchy snack while you think.

Carrot sticks, apple slices, or a
chewy bagel.

Brain note: chewing gives the jaw steady
input that some brains find calming.



Focus Anchor

Hold a fidget in one hand and your pencil in the other. Both hands are busy.

Brain note: giving hands something to do can free the mind to listen.



Focus Anchor

Bounce on a wobble cushion, or
press your feet on a band under
the chair.

Brain note: some brains focus better when the
body is allowed to move a little.



Focus Anchor

Try ear defenders or soft earplugs
for one task. See if the room gets
easier.

Brain note: less noise means the brain spends
less effort sorting sounds out.



Focus Anchor

Face away from the door and the
window while you work.

Brain note: things that move catch the eye,
and a caught eye leaves the task.



Focus Anchor

Put the tablet in another room,
face down and on silent, until you
are done.

Brain note: a buzz you might hear is enough
to pull attention off the page.



Focus Anchor

Write the three steps on a sticky note. Tick each one as you finish it.

Brain note: a written list frees the brain from holding every step at once.



Focus Anchor

Make a checklist the night before.

Morning you just follows it.

Brain note: deciding ahead of time saves
energy the brain needs for the work.



Focus Anchor

Start with the easiest question.
Getting one done makes the next
one lighter.

Brain note: an early win gives the brain a lift
that helps it keep going.



Focus Anchor

Warm up with something you can
already do, like writing your name
and the date.

Brain note: an easy start builds momentum,
and momentum carries into hard parts.



Focus Anchor

Do the hardest thing first, while
your focus tank is still full.

Brain note: focus is freshest early on and gets
thinner as the day goes.



Focus Anchor

Pick the one you are dreading.

Give it eight minutes. Then choose
again.

Brain note: putting a task off keeps it in mind,
which quietly uses up focus.



Focus Anchor

Make a focus playlist of songs with
no words. Same playlist every
time.

Brain note: words in a song compete with the
words you are trying to read.



Focus Anchor

Let one album be your work signal.

When it starts, your brain knows
what is next.

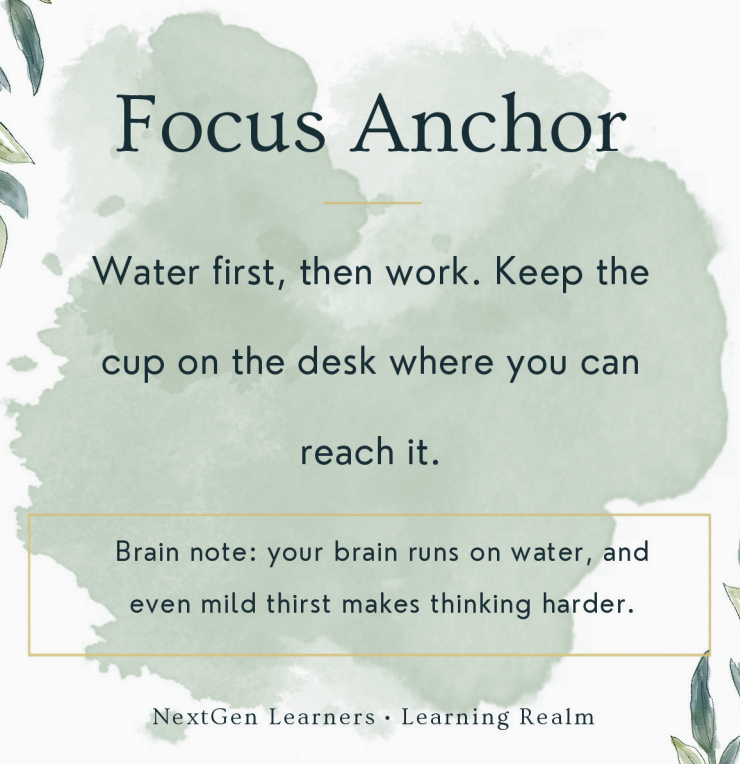
Brain note: the same sound each time
becomes a cue the brain learns to follow.



Focus Anchor

Try quiet rain or fan sounds if
silence feels too loud.

Brain note: steady background sound can
cover sudden noises that break focus.

A large, soft green watercolor splash serves as the background for the central text. It has irregular, feathered edges and a slightly darker center.A detailed watercolor illustration of a eucalyptus branch with silvery-green leaves and small white flowers, hanging from the top left corner.A detailed watercolor illustration of a eucalyptus branch with silvery-green leaves and small white flowers, positioned in the bottom right corner.

Focus Anchor

Water first, then work. Keep the cup on the desk where you can reach it.

Brain note: your brain runs on water, and even mild thirst makes thinking harder.



Focus Anchor

Eat something before homework. A hungry body makes focus an uphill walk.

Brain note: the brain needs steady fuel to keep attention going.



Focus Anchor

Bathroom, water, snack, then start.

Handle the body first so it stops
asking.

Brain note: unmet body needs keep tapping
the brain until they are answered.



Focus Anchor

Sweep the desk clear. Only what
this task needs stays on it.

Brain note: every extra object on the desk is
one more thing the eye checks.



Focus Anchor

Put the toys in a box under the table. They will still be there after.

Brain note: out of sight really does mean less pull on a young brain.



Focus Anchor

Work in bursts. Five minutes on,
one minute off, then five more.

Repeat.

Brain note: attention comes in waves, so short
bursts fit how the brain works.



Focus Anchor

Two questions, then a stretch. Two more, then a drink. Keep the loops small.

Brain note: rest between bursts helps attention come back instead of running out.



Focus Anchor

Tick off each finished bit. A page of ticks is proof you did the thing.

Brain note: seeing progress gives a small reward that makes you want more.



Focus Anchor

Colour one bar of a progress strip
each round. Watch it fill up.

Brain note: visible progress helps the brain
keep going when the end is far off.



Focus Anchor

Also try: Distraction Rescue Scripts,
Task Breakdown Templates, and
Working Memory Games.

Brain note: Find every set at
NextGenLearners.com.