

Rethinking focus

My Focus Helper

Movement, sounds, something for your hands: what helps you work today?

My Focus Helper

Date: _____ Subject: _____

Task: _____

What might help me work today?

- ☐ I bounce my feet quietly.
- ☐ I use the band on my chair.
- ☐ I work standing up.
- ☐ I use ear defenders or headphones.
- ☐ I quietly doodle or fidget.
- ☐ I don't need a helper today.

How I can tell I am making progress:

How I notice I need to switch:

A suggestion for one work period. Pick one helper, then check afterward if it fit.

So, did it fit?

What helped?

What got in the way?

What will I try next time?

Front on top, back below: cut out, then glue or fold.