



VC_TRD_The Power of Focus

Curricular Goals	CG-1- develops capacity for ethical and moral reasoning.
Competencies	C-1.3- identifies different positions related to an issue/event, and provides arguments supported by rationale for each.
Specific Learning Outcome	The students will be able to discuss key details in a text through focused reading.
SDG(Sustainable Development goals)	SDG-4- ensure inclusive and equitable quality education, and promote lifelong learning opportunities for all.

Concept-Value Connection:

- Comprehension skills emphasise the value of focus, as it helps students pay attention to important details in a text and understand deeper meanings.
- Maintaining focus is essential for achieving goals and increasing efficiency in any endeavour.

Story/Anecdote/Case Study/ Activity:

Story:

Sachin was the new sensation at school. He was selected to play for the school's cricket team, and everyone praised his perfection in the game. Arjun of class 5 had different thoughts. He felt that Sachin's success and fame were all due to his name! He shared his name with none other than the great Sachin Tendulkar, and it was no surprise that he should play cricket so well!

One day, Arjun went to Sachin and said, "Everyone thinks your game is perfect, but only I know the secret of your game." Sachin smiled at the little boy and asked, "That's amazing, my friend! What do you think is that secret?" Arjun replied confidently, "It's nothing but your name, Sachin, so just like the master blaster, you play so well." Sachin couldn't help laughing at the little boy's innocence!



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He sat down with Arjun on the school corridor bench and told him slowly, "Of course, Arjun, your guess is right! I share my name with the best cricketer of our generation. But along with that, I also share some qualities like hard work and focus."

Arjun listened with surprise. Sachin continued and said, "When I face a ball, my focus is nothing but the ball that is coming towards me. Everything else, including the crowd watching the game or the fielders around me, is out of focus."

Arjun, with eyes wide with amazement, asked, "Oh, so you mean if I practice focus, I can also play like you? Even if my name is not Sachin?"

Sachin drew Arjun closer and said, "Of course you can, Arjun. With a focus on the target, you can not only play cricket well but also overcome challenges and achieve your goals. Remember, focus is not just about seeing the target but also about ignoring everything that is not the target. Start small, focus on one thing at a time, and gradually, you'll learn to apply this to everything you do."

Arjun stood up, with a face beaming with joy, and said, "Thank You Sachin, now I know the secret to achieving goals and playing cricket well. Even if my name is Arjun, I can succeed!"

Discussion Questions: (Encourage all responses)

- 1. You are a cricket player. When you play cricket, you hear a lot of cheers from your friends. It distracts you. How do you avoid it and focus on the game?**
- 2. You are studying for your exams. There is loud music coming from your neighbourhood. What steps will you take to focus on your studies?**

Sample answers by the teacher:

- Cheers from the crowd / outside noise from the neighbourhood cannot be controlled or avoided and are an inevitable part of life.
- Training the mind to focus and pay attention only to what is important is the only way to avoid distractions.

- 3. How do we train the mind to increase focus?**

Note to the teacher: Whenever time permits, the teacher can teach any one of the following mind training exercises to increase focus:



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- Deep breathing exercises help calm the mind and increase focus.
 - Guided visualisation where we imagine ourselves in a peaceful place, such as a beach or a forest, can help focus our attention and reduce distractions.
 - Mindful listening involves playing calming music or nature sounds and listening attentively, focusing on the different instruments or elements.
 - Mindful movement through simple stretching or yoga poses, noticing how each movement feels. This helps to reduce mental distractions.
 - Focus solely on any small object, such as a pencil or a pebble, for a few minutes, noticing its shape, colour, texture, and any other details, and bringing attention back whenever it wanders.
- 4. You have multiple tasks at hand. An assignment/homework to finish, prepare for upcoming unit tests, go out and get a birthday gift for your mother, and practice for your cricket/dance. What steps will you take to complete all these tasks?**

Sample answer by the teacher:

By focusing on one task at a time, a person can train his/her brain to concentrate better, improving their overall focus and ability to manage multiple tasks over time.

Points to Ponder/reflect:

Remember, FOCUS reminds us to **F**ollow **O**ne **C**ourse **U**ntil **S**uccess.