

5 TIPS

To Improve A Child's

FOCUS



By Andrew Banks

5 TIPS

To Improve A Child's

FOCUS

WHO AM I?

Hey, my name is **Andrew Banks** and I am the Chief Instructor of Koku-Ryu Martial Arts.....

But **why** does that mean you should **listen to me**? Let me tell you why...

Do you know a **child** that doesn't **listen**, struggles to **focus** or really needs more...well...**discipline**?

Well..... That was me! I was that child!



5 TIPS

To Improve A Child's

FOCUS



**IT HELPED
ME!**

Being this way plus **working with children** since the age of 11 has given me **over 25 years experience** in helping children to develop better focus.

Not only am I a **fully qualified teacher** but I am also **owner of a Full Time Martial Arts School** in which we help children every single day.

So I hope this helps even in a small way to boosting **your child's focus**.

5 TIPS

To Improve A Child's

FOCUS

Minimizing distractions is **key to helping** a child focus. Create a **quiet and comfortable space** for them to study or do their work. **Remove any toys, electronic devices,** or other potential distractions from the study area.

TIP 1

Create a distraction-free environment



5 TIPS

To Improve A Child's

FOCUS

Children can get overwhelmed when faced with long and complex tasks. **Break down large tasks into smaller, more manageable parts**, and set a specific goal for each segment. This will help the child **stay focused** on the task at hand and give them a sense of **accomplishment** as they complete each segment.

TIP 2

**Break tasks
into smaller
segments**



5 TIPS

To Improve A Child's

FOCUS

Praise and rewards are powerful motivators for children. When they show good focus, **give them a compliment** or a small reward. This will **encourage them** to continue the behaviour.

TIP 3

Use positive reinforcement



5 TIPS

To Improve A Child's

FOCUS

Physical activity can **help improve** a child's ability to focus.

Encourage regular exercise and movement breaks during study sessions. This can help release excess energy and **increase** the child's ability to focus.

TIP 4

Encourage physical activity



5 TIPS

To Improve A Child's

FOCUS

Excessive screen time can **hinder a child's ability to focus**. Limit the amount of time your child spends on electronic devices, and **encourage them to engage in other activities** such as reading, playing board games, or doing puzzles. This will help them develop **better focus and concentration skills**.

TIP 5

Limit screen time



5 TIPS

To Improve A Child's

FOCUS

THE NEXT STEP

Interested In Boosting Focus Through Martial Arts?

Let us help!



Call Us On
[01652 653560](tel:01652653560)



Visit Us Online
www.KRMA.co.uk



Find Us On Facebook
<https://www.facebook.com/krmamain>