



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-1: MODULE 4

### LEARNING TO FOCUS & PAY ATTENTION

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**9570133616**



**EARLY CAREER HELP'S**

**NEEV**

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

# NEEV-1

For Students of Class 1-5



SHAPES YOUR CHILD'S  
THINKING, FOCUS, AND

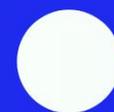
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FROM THE START

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**Dr. Nirbhay Kumar**  
Educational Consultant

🌟 Focus more, grow more! 🎯

🧘♀ Practice short mindfulness or breathing exercises

🚫 Remove distractions during study time

🧩 Use puzzles or activities to build concentration

🎯 Give single tasks, avoid multitasking

🎵 Use background music (like white noise) for focus

📵 Limit gadget use to avoid attention breaks

🗣 Give simple, clear instructions

🧠 Encourage activities like reading or drawing

👏 Praise efforts to stay attentive

🕒 Increase focus time gradually

🧠 "Focus is like a muscle – the more we train it, the stronger it becomes! Let's help children build their attention span, one step at a time."

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## Why Focus Matters

-  Helps complete schoolwork faster
-  Improves listening & memory
-  Builds concentration for future success
-  Makes children confident in learning
-  Reduces silly mistakes
-  Promotes deep thinking

 Attention today,  
achievement tomorrow!  

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## What is Focus for Kids?

- 👁️ Looking, listening, and thinking clearly
- 🔔 Ignoring background noise/distractions
- ⏳ Paying attention for a few minutes without break
- 🧒 Staying mentally “present” in the classroom
- 🧩 Understanding one task before jumping to another

🌟 Focus is your brain's best friend! 🧠 ❤️

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## Fun Focus Activities

- 🧩 Solving simple puzzles or mazes
- abc Memory games like “I Spy”
- 📖 Listening to short stories & retelling
- 👣 Follow the leader or Simon Says
- 🎧 “Close your eyes and guess the sound” game

🌟 Focus grows when learning feels like play! 🧸 🎯

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## Reducing Distractions

 Keep toys, TV, and gadgets away while studying

 Sit on a study chair—not the bed

 Use soft music or silence during homework

 Short, timed tasks with rewards

 Keep only study items on

 Quiet space = better attention

 Clear space = clear mind



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## Build a Focus Routine

- 📅 Fixed homework time every day
- 🔄 Repeat same order: wash, snack, study
- ⌚ Start with just 10-minute focus sprints
- 📌 Use “focus corners” at home

✅ Tick off each task with a smile

👏 Praise small improvements

🌟 Routine builds attention muscles! 💪 ⏳

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## Body & Brain Together

-  Proper sleep = better attention
-  Healthy snacks boost brain power
-  Stay hydrated
-  Use stretch breaks to reset focus
-  Try 2-minute breathing exercises
-  Teach them to “pause and refocus”

  
**A fresh brain is a focused brain!**  
 

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## Tips for Parents

-  Sit with your child for first 5 mins of study
-  Use soft reminders, not scolding
-  Use visual timers or countdowns
-  Start with easy tasks to build momentum
-  Praise focus, not only marks
-  Be patient—attention takes practice

  
**Focus habits are a family project!**  
 

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## Daily "Focus Check" Tool

-  Use a daily "focus tracker" chart
-  Score tasks out of 10 for effort
-  Star system for consistent focus
-  Reward with playtime or a fun story
-  Teacher-parent talk to align support
-  Use emojis for self-review  
( 😊 😐 😴 )

  
**Measure to improve!**  
 

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## Tips for Parents & Students



### Parents please:

- ✓ Avoid multitasking for kids
- ✓ Ask: "What are we focusing on right now?"
- ✓ Don't rush—let them finish one task before jumping
- ✓ Keep distractions away from study area
- ✓ Keep distractions away from study area
- ✓ Make focus sound fun, not like pressure

"Helping kids learn focus is a gift for life.

Start with small fun routines, reduce distractions, and celebrate their concentration like a superpower!"  

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## DEVELOPING CURIOSITY & INQUIRY SKILLS

- 🙄 Encourage kids to ask questions
- 🌐 Relate topics to real-world examples
- 🧪 Try simple experiments at home
- 📖 Let them explore books beyond the syllabus
- 🎨 Use storytelling to spark imagination
- 📺 Show educational videos or field visits
- 🧠 Ask “what if” and “why do you think” questions
- 🎭 Role-play or pretend play for deeper thinking
- 🌱 Allow kids to explore and fail safely
- 👨👩 Be curious with them – learn together!

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🔍 **Curiosity is the key to all learning!**

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Personalized Guidance



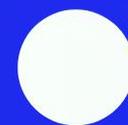
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