

Kids Focus Chart

A simple at-home tool to build better listening, effort, and follow-through.



Name: _____ Week of: _____

1 MY FOCUS MISSION

This week, I will focus on:

- Homework Chores
 Reading Bedtime routine
 Morning routine Other: _____

2 FOCUS MEANS I CAN...

- | | | |
|---|------------------------------------|---|
| 1 | Get my body ready | I take a deep breath, sit up tall, and get set. |
| 2 | Use listening eyes and ears | I look at the person talking and really listen. |
| 3 | Start the first time | I begin right away without reminders. |
| 4 | Stay with the task | I keep working and don't give up. |
| 5 | Finish strong | I check my work and do my best all the way. |

3 MY FOCUS CHART — I CAN DO THIS!

Color a star each day you show focus!

Day	Body Ready	Listening Eyes & Ears	Started the First Time	Stayed With It	Finished Strong	Parent Praise
Monday	☆	☆	☆	☆	☆	○
Tuesday	☆	☆	☆	☆	☆	○
Wednesday	☆	☆	☆	☆	☆	○
Thursday	☆	☆	☆	☆	☆	○
Friday	☆	☆	☆	☆	☆	○
Saturday	☆	☆	☆	☆	☆	○
Sunday	☆	☆	☆	☆	☆	○

4 WHEN I EARN ____ STARS, I CAN CHOOSE:

- Pick a family game Special time with Mom/Dad
 Choose dinner Park/playground trip
 Extra bedtime story Other: _____

5 PARENT TIP

- Keep the goal simple.
- Praise effort.
- Use the chart to build habits, not punish mistakes.


 ➤ Live a Life You Are Proud Of! ➤