



## Take the Focus Challenge!

**“Focus means listening and paying attention, and not getting distracted”**

Karate kids learn how to focus on a task without getting distracted. We focus by using our eyes, our ears and our bodies. It can be easy to get distracted and not focus on things we are supposed to be doing. Learning how to have focus will help us get better at anything we set our minds to!

**Describe one time when you used focus either in your karate class, at home or at school.**

*Use the Life Skill Adventure Map to complete all 8 Challenges and earn a prize!*

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_