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Focus Attention

- Concentrate
- Use eyes, ears, and brain
- Ignore distractions



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Listen

- Focus on the speaker
- Wait your turn to speak
- Remember what you hear
 - Think of questions



Be Assertive

- Face the person you're talking to
- Keep your head up and shoulders back
 - Use a calm, firm voice
 - Use respectful words

A stylized illustration of a child's face with a thought bubble above it. The child has brown skin, black eyes, and a red shirt. The thought bubble is light blue and contains the text: "Say: 'Focus.'", "'Ignore distractions.'", "'What do I do next?'", and "'Calm down.'".

Say:
"Focus."
"Ignore distractions."
"What do I do next?"
"Calm down."

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Use Self-talk