



**Grow  
Play  
Learn**



School Readiness at Glendale Public Library

# Focus and Self-Control

Focus and Self-Control involves paying attention, remembering the rules, thinking flexibly, and exercising self-control.

### Regulate Emotions

- Teach your child how to calm down and focus with deep breathing techniques. Stretch out your fingers and trace over them with your other hand from pinky to thumb. Breathe in as you move up one side of the finger, then breathe out as you move down the other side. Then do it again in the other direction, going from thumb to pinky.
- Any game that requires controlling impulses and movements can help children regulate their thoughts, emotional responses, and actions. Try playing games such as Red Light, Green Light, Musical Chairs, and Jenga.

### Observe Details

- When reading a picture book, embrace your acting skills and give each character a different voice/personality! Intonation and actions used will make the story more exciting and help your child notice the story's details.
- Engage with your child and talk with them about whatever activity you're doing. Describing everyday actions like cleaning, grocery shopping, picking up the mail, etc., helps your child focus on the details!

### Classify and Compare Objects

- Next time your child is helping to clean up toys, make a sorting game out of it. Ask for all the toys with a specific attribute (such as color or size). Next, try items with a particular function (such as toys that make noise or that can be snuggled, stacked, or rolled).
- Read books that name things found in specific locations: furniture in different rooms of the house, animals found on a farm, items found in various grocery store sections, and so on. Then, practice these classifying skills around your home and in your neighborhood.



Find a list of books that feature Focus and Self-Control at <http://bit.ly/growplaylearn>

Glendale Main  
Library  
5959 W. Brown St.  
Glendale, AZ 85302

Foothills  
Library  
19055 N. 57th Ave.  
Glendale, AZ 85308

Velma Teague  
Library  
7010 N. 58th Ave.  
Glendale, AZ 85301

Heroes Regional  
Park Library  
6075 N. 83rd Ave.  
Glendale, AZ 85303

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