

A forest scene with a large tree on the left. A bow is leaning against the tree, and a quiver of arrows is hanging from it. In the background, a target is visible on a stand. The text is overlaid on the image.

Target Acquired: Building Focus in a Distracted Work

By Carl Hooker

About me

28th year in Education
Teacher & Administrator
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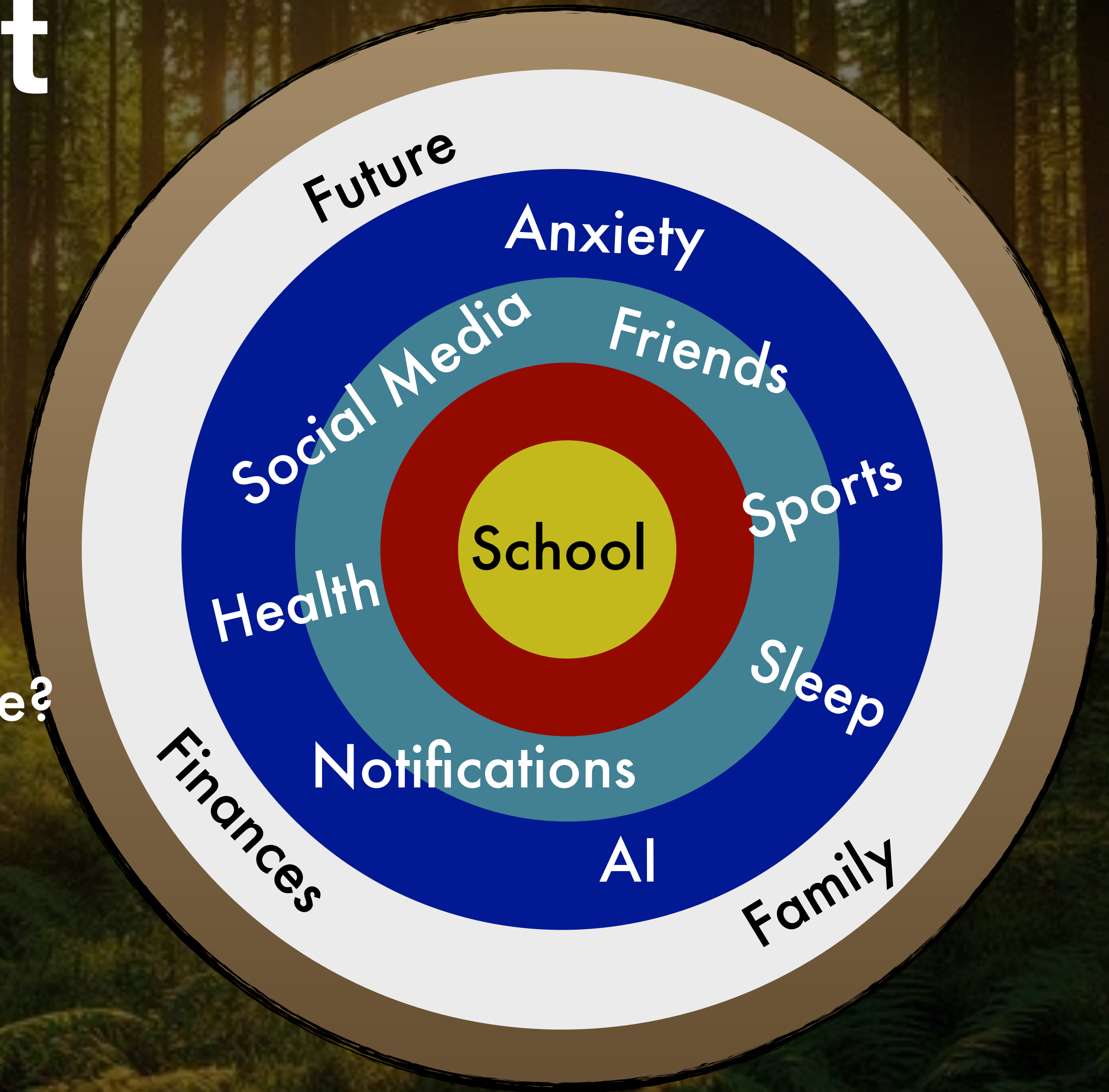


30

SECONDS

Hit the target

We have limited attention.
Look at the words on this target.
What's your center focus?
What about 2nd and 3rd rings?
What items further out on the edge?
Feel free to add your own words.



DISCUSS



You can't hit what you can't see

How do you manage distraction?

00

SECONDS



How do you manage distraction?

AIM

- Pause
- Breathe
- Focus
- Reset
- Reflect
- Prioritize
- Simplify
- Intend
- Align

Environment

- Silence
- Boundaries
- Declutter
- Headphones
- Workspace
- Lighting
- Separation
- Single Screen
- Phone-Free

Attention Habits

- Deep Work
- Time Blocking
- Focus Sprint
- Pomodoro
- Monotasking
- Batch Tasks
- Start Small
- Finish First
- One Thing
- Flow

Technology

- Notification Audit
- Do Not Disturb
- App Limits
- Gray Scale
- Digital Sunset
- Tech Breaks
- Intentional Use
- Close Tabs
- Timers
- Music?
- Log Out
- Screen-Free Time

Mental Wellness

- Mindfulness
- Gratitude
- Journaling
- Exercise
- Sleep
- Hydration
- Nature
- Self-Awareness
- Check-In
- Recenter

Concentration
ACTIVITY

sentis



Every good archer pauses before shooting



Maintaining Focus



Dr. David Levy - University of Washington
“Information and Contemplation”

A photograph of a forest scene. In the foreground, a bow and a quiver of arrows are leaning against a tree trunk. In the background, an archery target is set up on a stand. The text 'Maintaining FOCUS' is overlaid at the top, and '1 minute of silence CHALLENGE' is overlaid in the center.

Maintaining FOCUS

1 minute of silence
CHALLENGE



Box Breathing



4 Seconds

Breath in through nose



**4
Secs**

Hold



4 Seconds

Breath out through mouth



**4
Secs**

Hold

A photograph of a forest scene. In the foreground on the left, a wooden bow and a quiver of arrows with colorful fletching are leaning against a large tree trunk. In the background on the right, a circular archery target with concentric rings of blue, red, and yellow is mounted on a wooden stand. The forest floor is covered in dry leaves and pine needles, and the background is filled with tall, thin trees and dappled sunlight.

Focus is a Muscle

Which one of these people is training?





What activities today require
sustained focus for more than 20
minutes?

Attention Data

We know human attention is dwindling

12
seconds

The average human attention span in
2000

8
seconds

The average human attention span in
2013

9
seconds

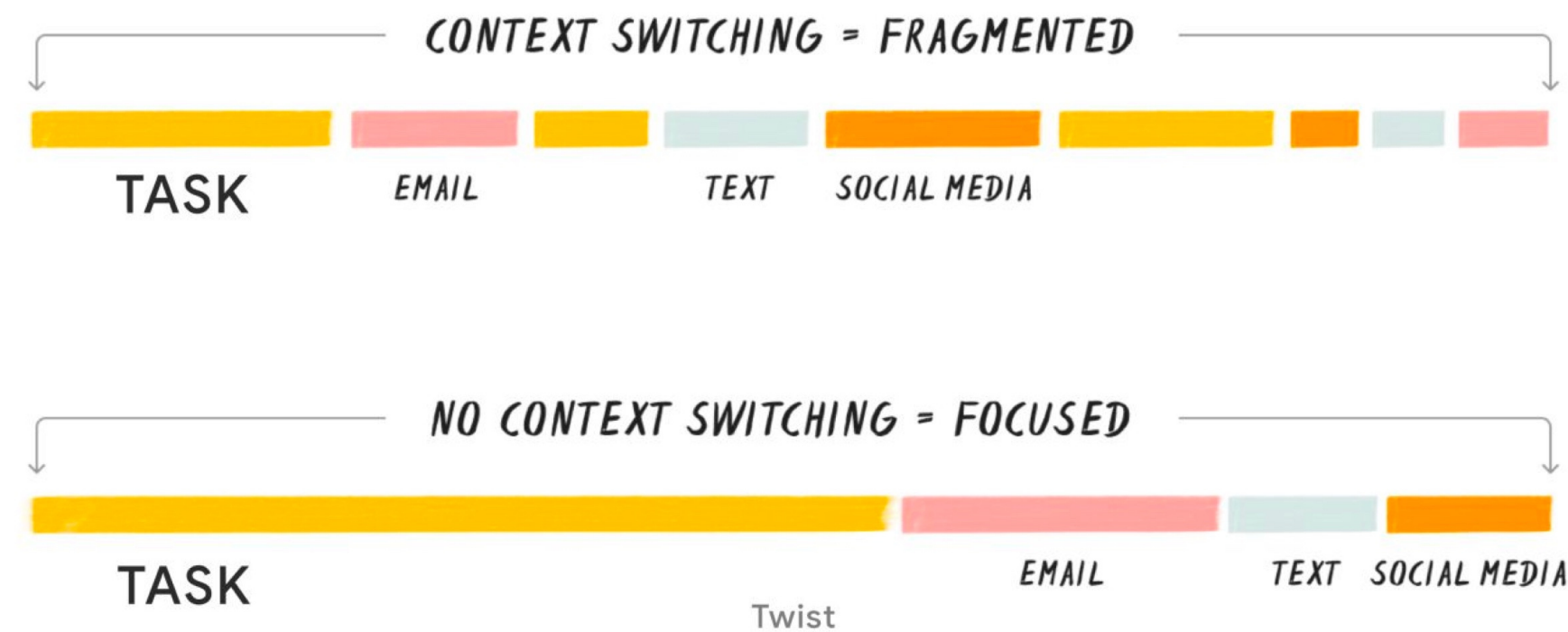
The average attention span of a
goldfish

Source: Statistic brain

IT TAKES 23 MINUTES TO RECOVER FROM INTERRUPTIONS

CONTEXT SWITCHING COSTS

ATTENTION



237 average number of notifications teens receive daily

5 hours a day teens spend on social media

9 hours a day teens spend on screens

WSJ; Gallup

#FREGETHEANXIOUSGENERATION

@JONATHANHAIDT

Focus Activity Reflection

How many of you drifted?

Did you fail?

Noticing your lack of focus is a skill

That's mindfulness. That's focus training.



Train Attention Like a Muscle

➤ Practice “Focus sprints”

Start at 2 minutes, then 5 mins, then 10, 15...

➤ Silent Starts

Begin class with reading, reflection, journaling

➤ Single-Task activities

No switching. One task. One goal. One target.

➤ Mindful Transitions

30-second breathing pause between activities

Design a "Focus Workout" for your classroom

If attention is a muscle, what would a daily workout look like in your classroom?

Create:

- Warm-up
- Reps
- Cool-down



Choosing Intention Over Attention



Who here
picked up
their
phone
today and
forgot
why?

Choosing Intention Over Attention

Prediction:

What's your average daily screen time?

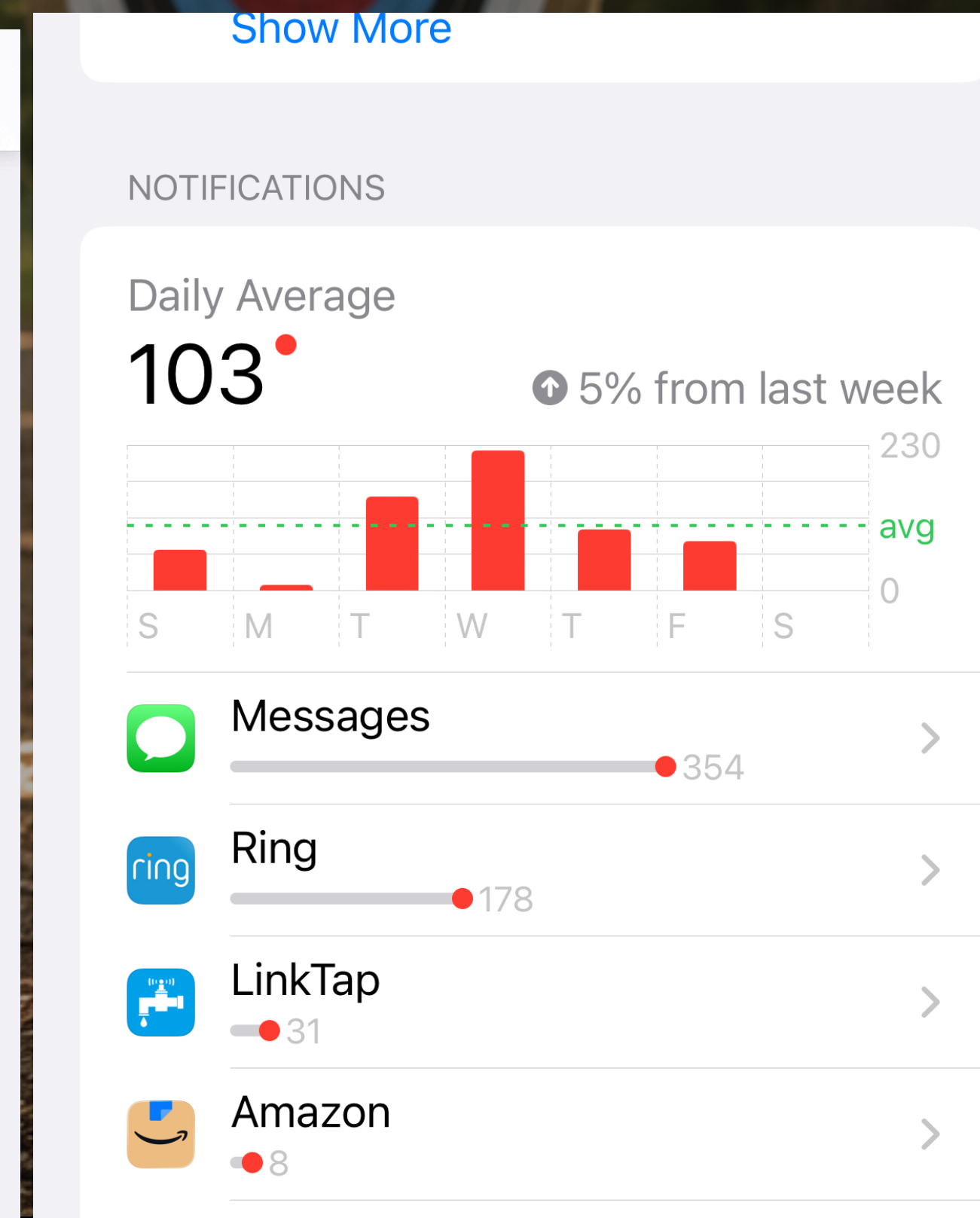
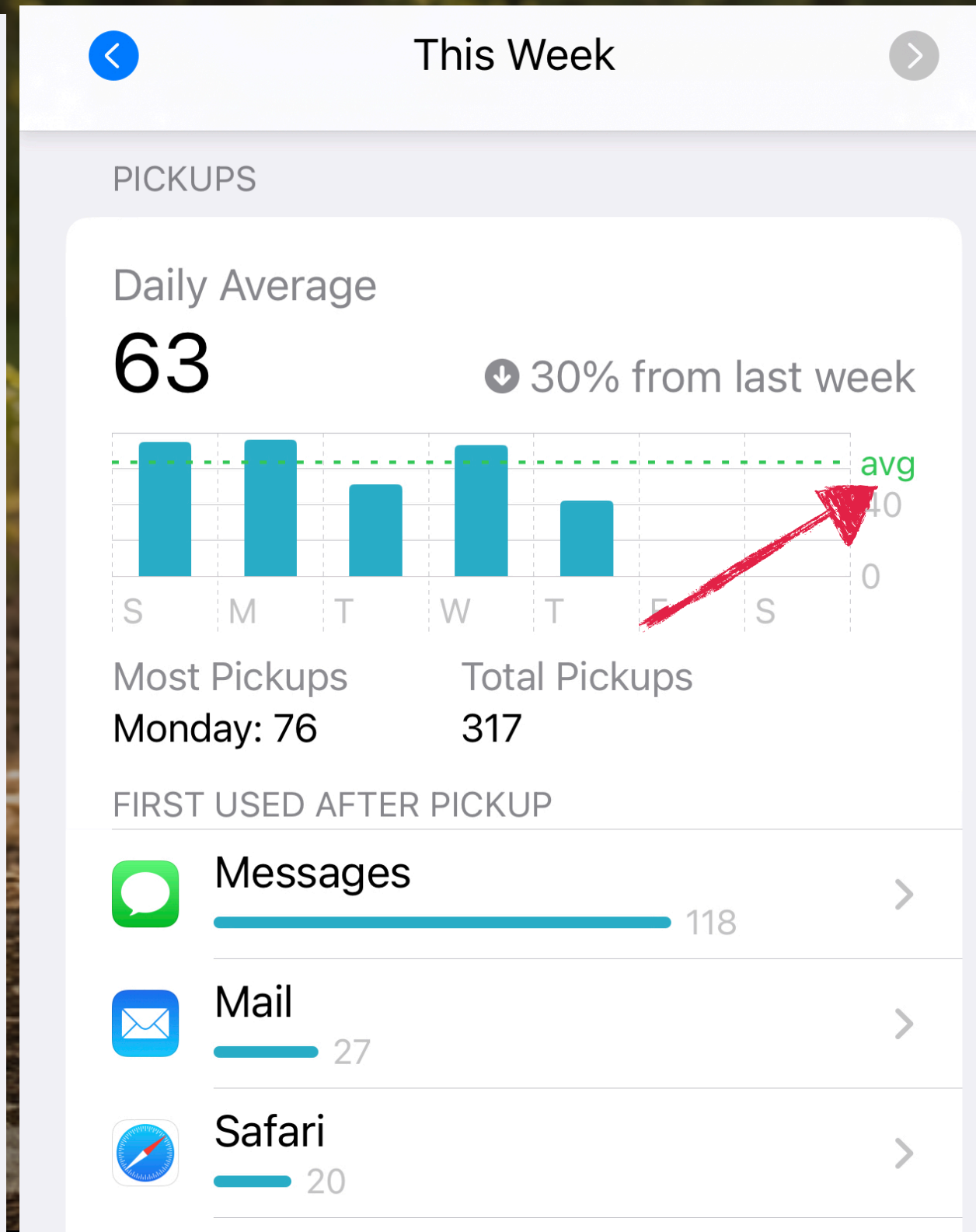
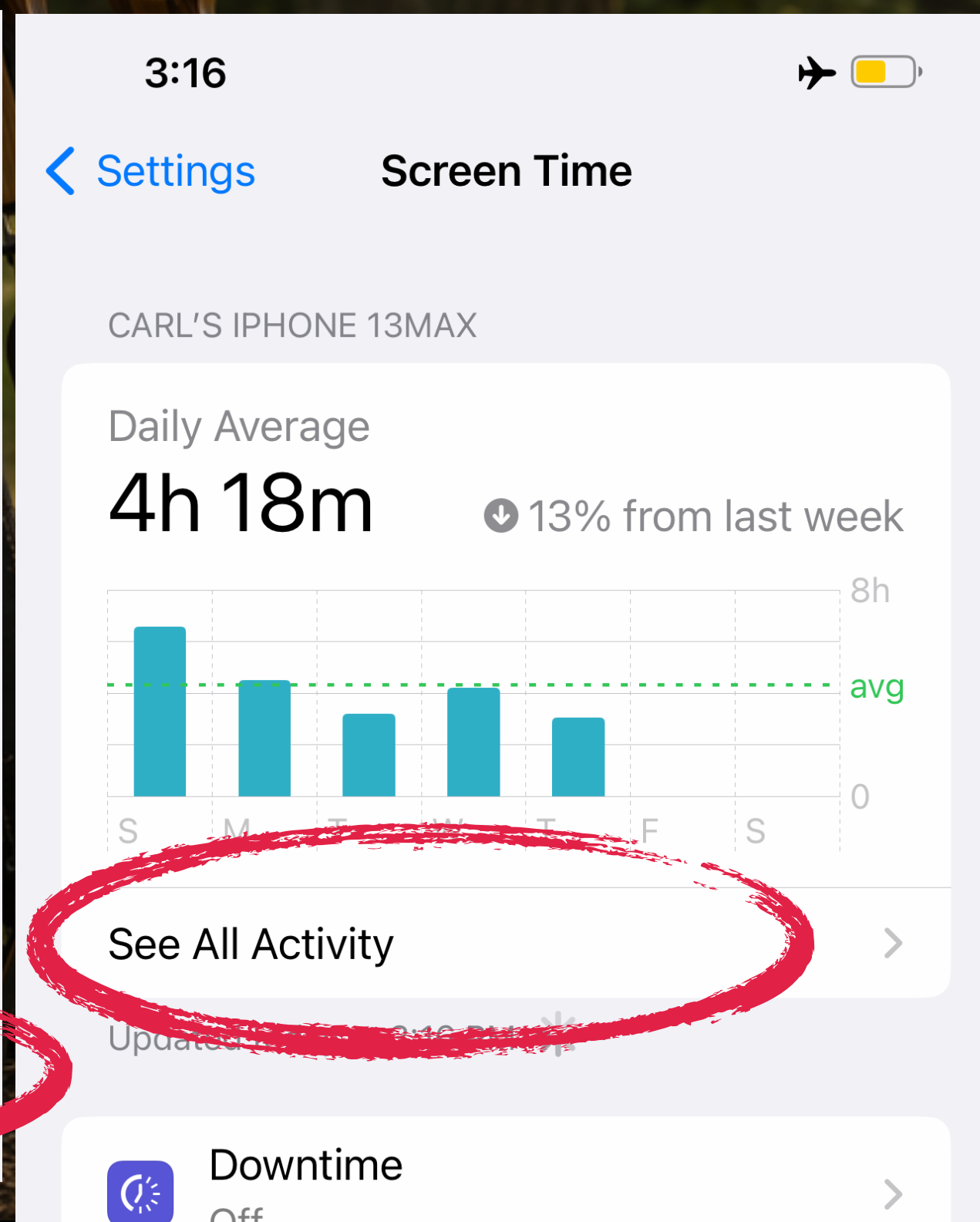
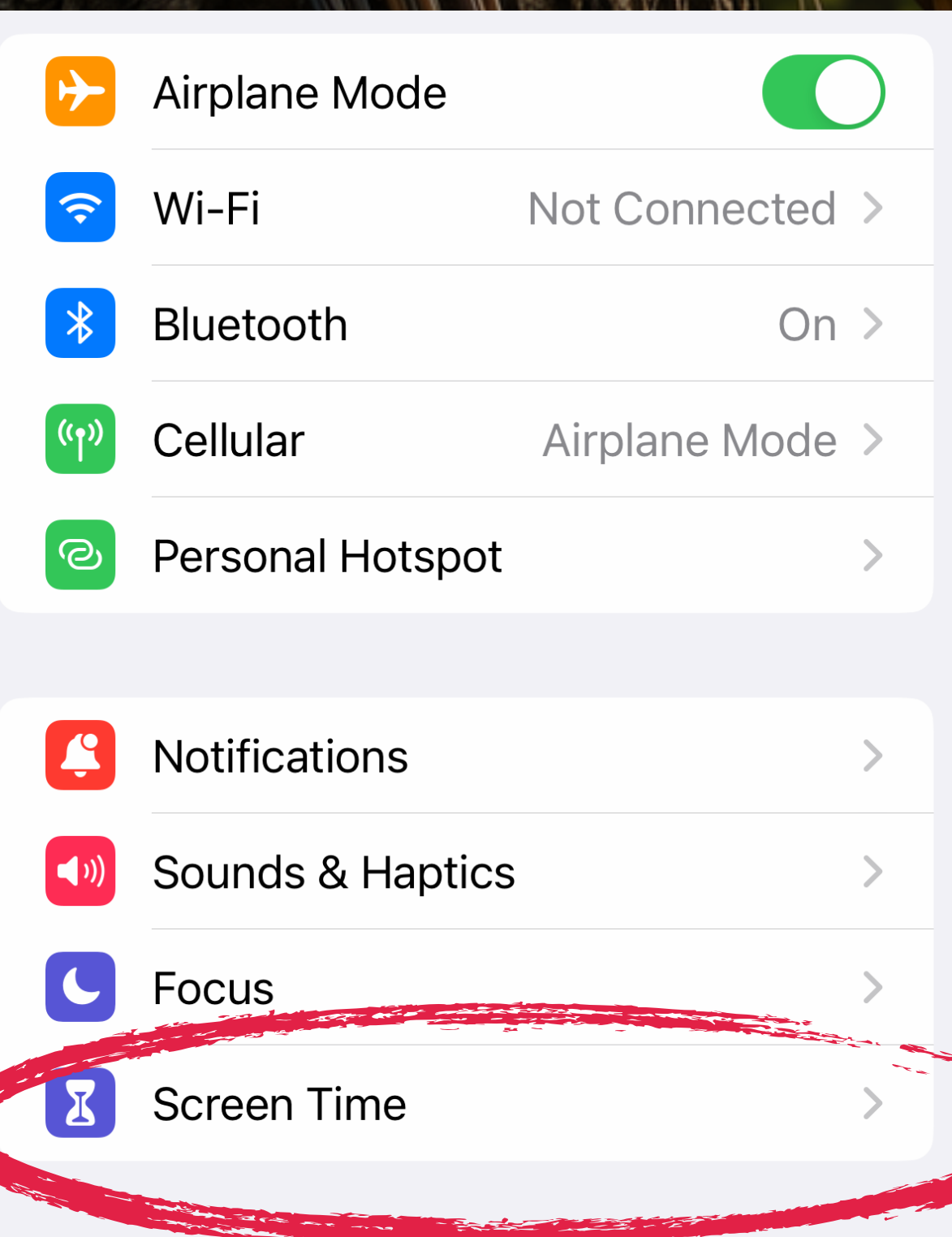
How many times do you think you pick up your phone every day?

How many notifications have you received today?

Write down your guesses.

Choosing Intention Over Attention

Research: Check your screen time. How many pickups do you have and what do you pick up for the most? What about notifications?



Line Up

Sort yourself from order of most daily screen time to least daily screen time.



Choosing Intention Over Attention

Reflection:

1. What surprised you?
2. Which app is your biggest attention magnet?
3. Which app is your biggest attention drain?
4. What would students discover if they did this activity?
5. What would happen if they repeated it every month?

What would happen if they repeated it every month?

Attention Magnets

- Notifications
- Social Media
- Email
- Texts
- News
- Games
- AI Chats

Attention Targets

- Relationships
- Learning
- Health
- Creativity
- Purpose
- Family
- Goals

Choosing Intention Over Attention

One Small Change

Do one of the following:

Silence one app

Remove one notification

Move one app off home screen

Create a focus mode

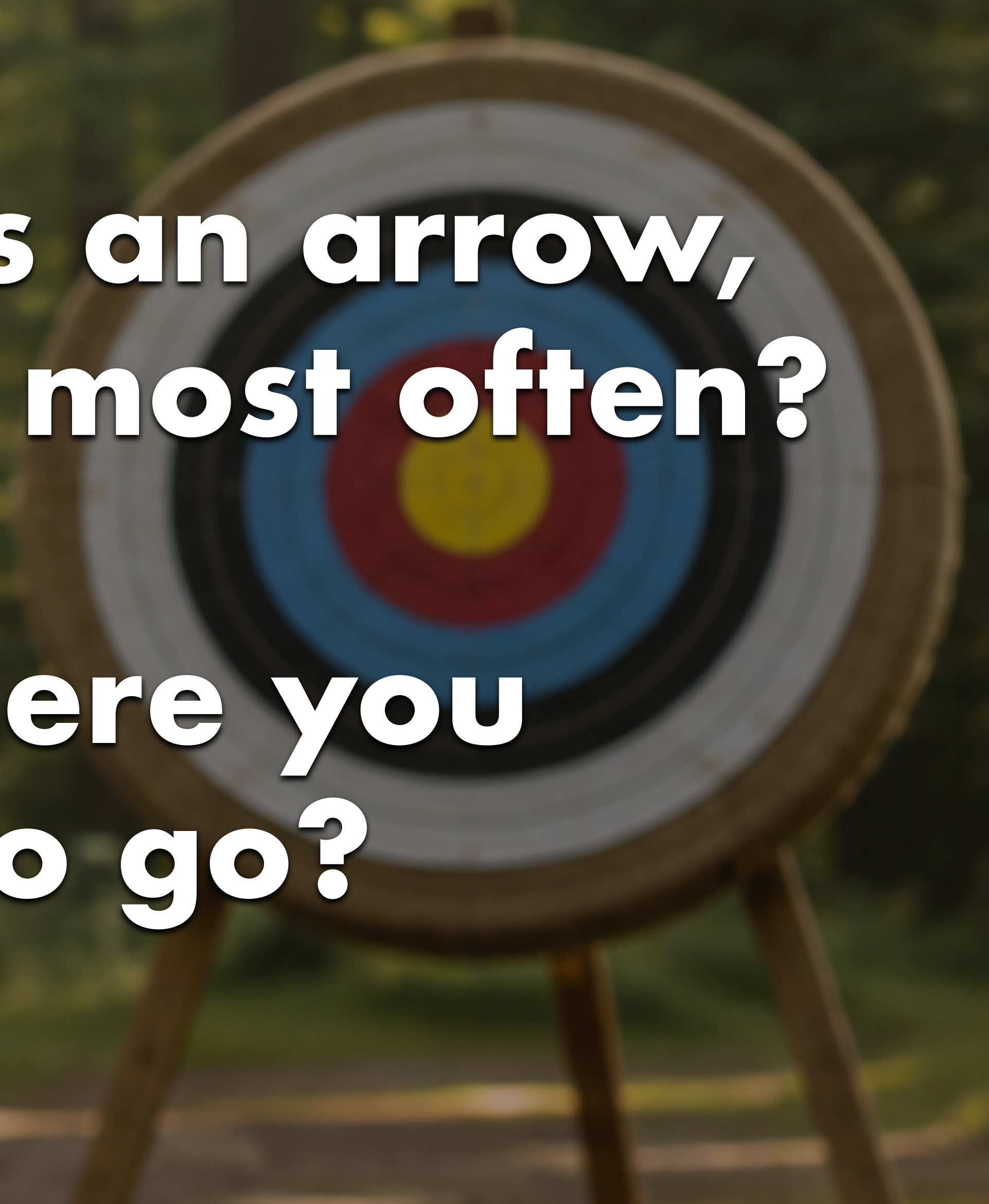
Set a bedtime schedule

Delete one distracting app

Final Reflection

**If your attention is an arrow,
where is it landing most often?**

**And is that where you
intended it to go?**





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Resources: mrhook.it/tech26