

Ollie the Owl Learns to Focus

Lesson Objective

Teach children the importance of focusing on tasks and how to handle distractions effectively.

Materials Needed:



- The story, “Ollie the Owl Learns to Focus”
- The song, “Ollie the Owl Learns to Focus”
- Paper and pencils, crayons and markers, glue stick
- Activity 1- Sorting Activity Sheet
- Activity 2- (no materials needed)
- Home Connection Letter

Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what they know about what it means to focus.

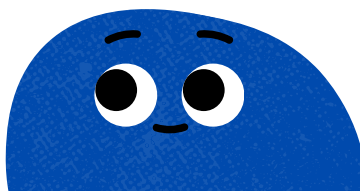
Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- "Hello, friends! Today, we are going to talk about something really important—focusing. Do you know what it means to focus?"
- (Pause for responses.)
- "That's right! Focusing means paying attention to what we are doing so we can do our best. Sometimes it's hard to focus because we get distracted by other things, but we'll learn some tricks from Ollie the Owl today on how to stay focused!"

2. Discussion Starter

- "Can you think of a time when it was hard to focus? Maybe when you were trying to finish a puzzle or listen to a story, but something distracted you?"
- (Allow a few children to share.)
- "Great! Let's see what Ollie does when he gets distracted."



Read the Story (15 Minutes)

Story Time Outline



- Read the story “Ollie the Owl Learns to Focus” aloud to the class.
- Ask questions during key parts in the story.

Story Time Teacher Script:

1. Prepare the students for the story:

- "Let's all sit crisscross on the floor, eyes on me, and ears ready to listen. I'm going to read a story about how Ollie the Owl learns to focus."
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

2. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:.
 - "What is Ollie trying to do right now?"
 - "Why do you think Ollie is having trouble focusing?"
 - "Have you ever felt distracted when trying to do something important?"
 - "What do you notice about Ollie's body and face when he is frustrated?"
 - "What kinds of things might help Ollie focus better?"
 - "How do Ollie's friends react when he keeps getting distracted?"
 - "What advice do you think Grandma Owl will give to Ollie?"
 - "What happens when Ollie tries to do too many things at once?"
 - "Why do you think Ollie feels frustrated when he can't focus?"
 - "What do you think will happen if Ollie tries a new way to focus?"

Ollie the Owl Learns To Focus



In a forest tall and bright,
Lived Ollie the Owl, with wings so light.
With feathers soft and eyes so keen,
He loved to explore and see every scene.

But Ollie found it hard to stay,
Focused on his tasks each day.
With every sound and sight around,
He'd lose his way, feeling unwound.

One day, Ollie had to learn,
A lesson big, he felt the burn.
He had to gather twigs and leaves,
To build a nest up in the trees.

But as he started, something bright,
Caught his eye, it was a kite.
He chased it up and down the hill,
Forgetting all about his skill.

Grandma Owl, so wise and sweet,
Saw him flutter and flap his feet.

"Ollie dear, you must learn,
To focus well, it's your turn."

"Distractions come in many ways,
But you must learn to turn away.
Keep your eyes on what you do,
And you'll find success, it's true."

Ollie nodded, feeling proud,
He'd try to focus, not on the crowd.
He flew back to his leafy chore,
Determined now, more than before.

But soon a buzzing filled the air,
Buzz the Bee was flying there.
"Ollie, come and play with me,
Let's buzz around from tree to tree!"

"Ollie thought, then shook his head,
"I need to build my nest instead."
Buzz buzzed off, and Ollie stayed,
Focused on the twigs he laid.

Next came Sammy, with a nut,
"Come on, Ollie, let's strut and strut!
We'll hide these nuts and play a game,
It's so much fun, you'll feel the same."

Ollie sighed, but then he knew,
He had to finish what was due.
"Sammy, I'll play when I am done,
But first my nest must be the one."

Sammy smiled and scampered off,
Ollie worked without a scoff.
He gathered leaves and placed them right,
His nest was growing, what a sight!

Harriet the Hare hopped by so quick,
"Ollie, come and see this trick!
I can jump and twist and spin,
Come and watch, you'll wear a grin!"

Ollie laughed, but stayed his ground,
"I need to build my nest so round.
I'll watch your tricks when I am through,
But for now, I've work to do."

Finally, the nest was done,
Ollie felt the day was won.
He learned to focus, turn away,
From distractions in his way.

Grandma Owl flew by to see,
The nest he built up in the tree.
"Well done, Ollie, you have shown,
How to focus on your own."

Ollie felt a warmth inside,
He knew he'd done his best with pride.
Ignoring things that made him stray,
He finished what he planned that day.

Ollie the Owl Learns To Focus



Ollie felt a warmth inside,
He knew he'd done his best with pride.
Ignoring things that made him stray,
He finished what he planned that day.

So remember Ollie, wise and bright,
Who learned to focus, day and night.
With every task that comes your way,
Ignore distractions, don't let them sway.

Ollie the Owl, with heart so true,
Focused well on what to do.
And with his nest up in the tree,
He found the joy of being free.

3. Post-Story Teacher Script

- "So, Ollie learned about the importance of paying attention or focusing on the thing that is important and ignoring distractions that get in the way. I think that's true for us too."

4. Post-Story Questions:

Ask these questions to help students reflect on the story and connect it to their own experiences:

- "Why was Ollie having trouble focusing in the beginning?" (Help children recall the main problem.)
- "What did Ollie learn about paying attention?" (Summarize the key lesson from the story.)
- "What helped Ollie improve his focus?" (Encourage children to recall solutions from the story.)
- "How did Ollie feel when he was finally able to focus?" (Reinforce the positive outcome of improved attention.)
- "Can you think of a time when you had trouble focusing? What happened?" (Encourage personal connections to the lesson.)
- "What are some things we can do to help ourselves focus better?" (Help children list strategies they can use.)
- "Why is it important to stay focused when we are learning or playing?" (Discuss the benefits of paying attention.)
- "How can we help a friend who is having trouble focusing?" (Encourage kindness and teamwork.)
- "What would you tell Ollie if he started feeling distracted again?" (Help children apply their learning to support others.)

Sing the Song (10 Minutes)



- Teach the children "Ollie the Owl Learns to Focus"
- Sing the song together a few times, encouraging the children to join in with the actions.

Teacher Script:

"Now, we're going to sing a song about how Ollie stays focused. I'll show you some actions to go along with the song. Let's all stand up and get ready to move!"

“Ollie the Owl Learns to Focus”

Verse

Hand Movements

[Verse]

Ollie the owl flies high in the sky
Sees the world with a twinkle in his eye
Lots of noise and lots of light
Ollie must stay sharp all night

Flap arms

Place hand horizontal above eyes

[Verse 2]

Hooting sounds and city lights
Flapping wings and flashing sights
Ollie's focused on the moon
Ignoring all the silly tune

Flap Arms

[Chorus]

Ollie Ollie focus now
Flap those wings show us how
Tune out all the buzz and sound
Ollie's wisdom is so profound

Place hand horizontal above eyes

Flap Arms

[Verse 3]

Morning comes the sun is bright
Ollie rests from the long night
Dreaming of the stars above
Peacefully in his tree of love

Stretch arms upward

[Bridge]

Sometimes things can steal your time
Don't get lost in all the chime
Follow Ollie's wise old way
Keep the nonsense far away

Shake your pointer finger

[Chorus]

Ollie Ollie focus now
Flap those wings show us how
Tune out all the buzz and sound
Ollie's wisdom is so profound

Place hand horizontal above eyes

Flap Arms



Do an Activity (20 Minutes)

Activity 1: Focus Challenge (15 Minutes)



Introduce the Activity

- "Now we're going to play a fun game where we practice focusing, even if there are distractions around us."

Activity Instructions

- "Each of you will have a sorting task. Your job is to stay focused and just keep working, just like Ollie did with his nest. If you notice some distractions, try very hard to keep your focus and complete your sorting task."
- Hand out the sorting activity sheets. Have the students count the number of shapes on the jumble page and write the number in the box. (triangles 10, stars 6, moons 7, rainbows 3)
- Once the students start working, create various distractions like running up and down the aisle, whistling, clapping etc. If children lose focus, gently remind them to "Take a deep breath and try again, just like Ollie."
- "Great job, everyone! You are all doing your very best to stay focused - Just like Ollie!"

Activity 2: Focus Relay Game (15 Minutes)

Introduce Activity

- "Now let's play a relay game that helps us practice focusing even more!"

Activity Instructions

- Explain the Game:
- "We'll have different stations with fun tasks to complete. At each station, you'll need to stay focused and finish your task before moving on."
- Describe the Stations:
- (Explain the tasks for each station. See the relay game tasks provided below)
- Play the Relay:
- Remind children before starting: "Remember to focus on your task and not get distracted by friends cheering or other fun things."
- Encourage Participation:
- "Great job staying focused! Look how quickly you finished your tasks. You're doing amazing, just like Ollie!"

Station 1: Sorting Station

- Task: Sort a pile of colored blocks into matching colored bins.
- Instructions: Children need to pick up one block at a time and place it in the corresponding colored bin.

Station 2: Balance Beam Walk

- Task: Lay a piece of string a few feet long and have the children pretend it's a balance beam that they have to walk across without falling off.
- Instructions: Children need to maintain their balance as they walk from one end of the string to the other.

Station 3: Puzzle Station

- Task: Complete a simple puzzle.
- Instructions: Children need to fit the pieces of a small puzzle together to complete the picture.

Station 4: Bean Bag Toss

- Task: Toss bean bags into a bucket or a hoop.
- Instructions: Children need to stand at a marked line and throw bean bags into the target.

Station 5: Hula Hoop Jump

- Task: Jump in and out of a series of hula hoops placed on the ground.

Instructions: Children need to jump with both feet together, landing in each hoop without stepping on the edges.

Station 6: Book Balancing

- Task: Balance a book on their head and walk a short distance.
- Instructions: Children need to keep the book balanced on their head while walking from one marker to another without letting the book fall.



Additional Notes for the Relay Game

Setup: Arrange the stations in a circular or linear layout, ensuring enough space for children to move around safely.

Instructions: Explain each station clearly before starting the game, and demonstrate if necessary.

- Supervision: Have an adult or older child at each station to guide and encourage the children.
- Focus Reminder: Remind the children that the goal is to stay focused on their task and not get distracted by the excitement around them.

This setup will help children practice their focus and concentration while having fun and engaging in physical activity.

Reflection:

"Let's all come back to the circle and sit down. I am so proud of how well you stayed focused today! Can anyone tell me what they learned from Ollie the Owl?"

(Pause for responses.)

"Yes! Focusing helps us finish what we start, even when there are distractions. And when we finish our tasks, we feel really proud, just like Ollie did with his nest."

Wrap Up the Lesson (5 Minutes)



Review and Reflection Overview:

- "Let's all come back to our circle and talk about what we learned today.
- (Wait for responses like 'Water helps us feel good,' 'It keeps us healthy.')

Review and Reflection Teacher Script

- "Before we go, let's all take a moment to think about one thing we will do to stay focused the next time we have a task. Maybe you'll take a deep breath like Ollie, or maybe you'll tell a friend you'll play with them after you finish your work."
- Encourage Sharing:
- "Would anyone like to share what they will do to stay focused?"
- (Allow a few children to share.)
- "Remember, you can always be like Ollie the Owl. Stay focused, finish what you start, and then have fun!"

Home Connection Letter

1. Sending Information Home:
2. "Before we go, I have a special letter for you to take home to your families. This letter talks about everything we learned today. You can tell your family all about Ollie the Owl and the fun activities we did."
3. Hand out the letters as the children prepare to leave.

Emozi® Parent Letter

Dear Parents/Guardians,

Today in class, we learned about the importance of focusing through the story "Ollie the Owl Learns to Focus." This story teaches children how to handle distractions and the benefits of staying focused on their tasks.

Here's what we learned:

- Understanding Focus – Recognizing what it means to focus and why it's important.
- Handling Distractions – Learning to stay on task despite distractions.
- Practicing Focus – Engaging in activities that require concentration and attention.

Activities we did:

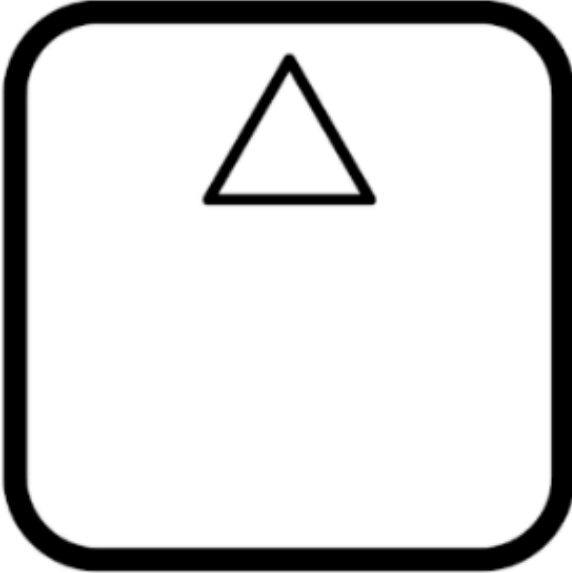
- Focus Challenge: The children practiced staying focused on a task despite gentle distractions.
- Focus Relay Game: They participated in a relay game that required them to complete tasks while maintaining their focus.

You can help reinforce this at home by encouraging your child to talk about what helps them stay focused and celebrating their ability to complete tasks.

With gratitude,

Focus/Ignoring Distractions Sorting Challenge

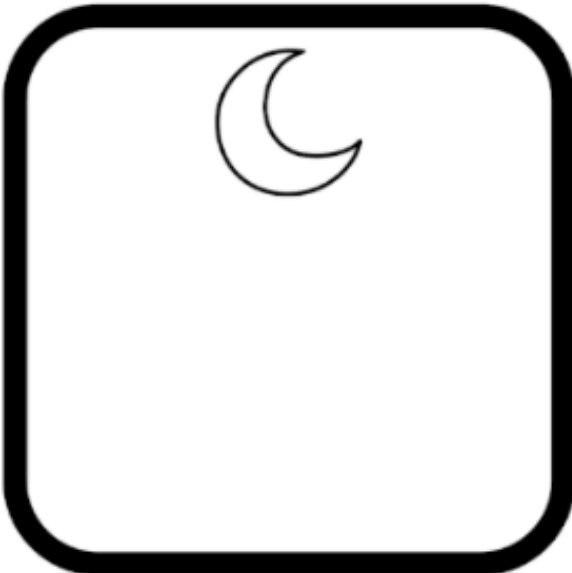
Triangles



Stars



Moons



Rainbows



