

ATTENTION HACKS FOR DISTRACTED BRAINS

EDUCATOR

Description

In our fast-paced world, understanding how our ancient brains work in modern times is key for educators to foster effective learning and balance. This module tackles challenges students and educators face amid growing distractions and pressures to stay connected. With practical tools, educators can navigate the demands of constant connectivity, creating environments for deep learning and personal well-being for themselves and their students.



Executive Function Skills

Focused Attention	Task Initiation
Impulse Control	Self Motivation

Educator Topics: Primal Brains | Matters of Mindfulness | Then & Now | Ferrari & Ford Attention | Weapons of Mass Distraction | Myth Busting ADHD | ADHD in the Classroom | Classroom Ninja Strategies

Format

- A toolkit for each educator to individualize and document their Attention toolkit.
- Guided, self-paced professional development to learn more about Attention, ADHD and how to help.
- Printable posters for your classroom or office.
- "Explore More" Teacher Resource Sections to complement and extend professional growth.
- Easy access points to all student teaching videos and toolkit.

Time: 2 Hours

Earn another Executive Function Coach badge and "Attention Hacks for Distracted Brains" Certificate of Completion, complete with documented hours to add to your professional portfolio.

STUDENT

Description

In this module, students explore how to manage their ancient brains in today's fast-paced world for effective learning and a peaceful life. Students explore the increasing distractions they face and provided with practical tools to handle the pressure of always being "on," empowering them to thrive in the digital age while promoting deep learning and well-being.



Executive Function Skills

Focused Attention	Self Awareness
Emotional Control	Impulse Control

Student Topics: The Distraction Age | Prehistoric Brain & Attention | Ferrari & Ford Attention | Goldfish Attention | Weapons of Mass Distraction | Ninja Distraction Blockers | Attention Muscles | ADHD

Format

- A digital and printable portfolio for each student to organize, customize and capture their Attention Hacks toolkit.
- Professionally recorded teaching videos for each topic featuring Samantha Woods, Kaizen's founder.
- Engaging and creative brain warm-ups and interactive and practical hands-on learning activities for students to become Attention Ninjas.
- Printable posters and visuals for classroom reference.
- Short quizzes that check for understanding while clearly explaining the correct answers.
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- Oodles of proven brain tools and strategies for students to quickly and immediately implement to begin to exercise their attention muscles.
- Extension opportunities to keep the executive brain function learning going!

Time: 3 Hours

Earn another Brain Hub Academy badge and "Attention Hacks for Distracted Brains" Certificate of Completion.