



## **MIGHTIER SKILL PACK**

**Share this activity pack with your kids  
and explore together as a family to  
practice your focus skills.**



# Focus Badge



## Tuning in to Your Attention

You have dreams of playing in a band at sold-out stadiums. Thousands of fans scream in excitement as you shred your guitar. There's just one problem. You don't know how to play guitar yet. Whenever you practice, you get distracted by your siblings, the glow of a screen, and thoughts telling you that you're no good. It feels very hard to focus.

Here's a secret: **you always have focus, but sometimes it can be pulled in different directions**, especially when the task is tough. Your brain looks for something easier to focus on – a distraction! When you and your guitar feel out of tune, you need to pull out your **Tuning In Tricks**.

**Task** – Where do you want to focus your attention?

*"I want to play the first 3 chords of the song."*

**Time** – How much time should you set aside to focus?

*"I'm going to practice for 15 minutes."*

**Tune out** – What are your distractions?

*"I'll play in the basement and turn devices off."*

**Tune in!** – Ready, aim, focus!

*"When I finish, I'll play some Mightier as a reward!"*



## Unlock the Focus Outfit!

1. Complete Skill Pack  challenges.
2. Open the  Mightier Kid app.
3. Tap your  profile badge on the top left of screen.
4. Tap  and enter the code: **TUNED**



"Focusing on focusing"

# Sparky

(Sparkinite)

**RARE**

### Strengths:

Playing drums, making Lavalings smile

### Struggles:

Paying attention, crossing off her to-do list



## "Pay attention, Sparky! You need to focus!"

Sparky gets told that a lot, like when she daydreams instead of doing homework, plays with her game instead of cleaning it up, or forgets to put away the dishes because she's having a snack.

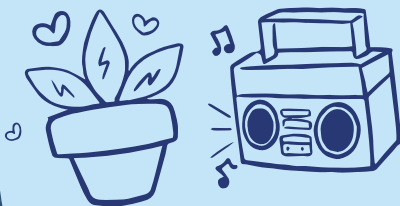
But the truth *is* that Sparky is focused in those moments. She's just focused on a different thing. When her focus is pulled in different directions, she gets distracted and struggles to complete the task.

"So Sparky thinks of her ability to focus like the drumbeat of a song. When she is focused on a task, it's a steady beat, and she feels in control. But when other instruments start playing, it's hard to keep the beat. It's distracting. The crash of a symbol or a trumpet blare can pull her focus. So she remembers her task and tunes into her part. She tunes out distractions so she can keep the rhythm. Then, she's ready to rock!



## Musical Fun Facts

Music makes plants grow faster and healthier.



Frisson is the word for when you get chills from music



Singing in a group can boost your mood!




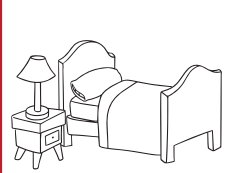
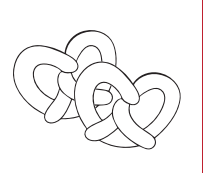
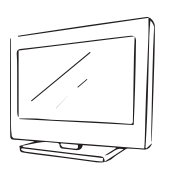
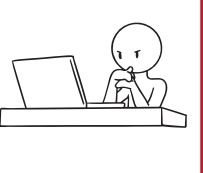


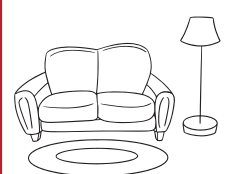
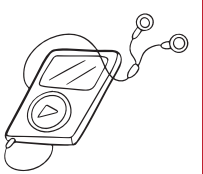
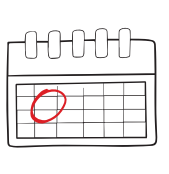
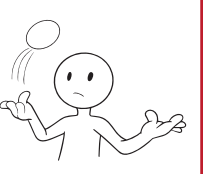
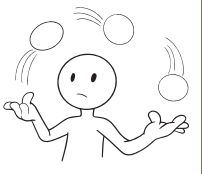
Get the band together!

# Complete challenges to earn your Focus Badge!



## Clues to Distraction

Discover how we focus differently. Start by picking a **Place**, **Thing**, and **Style** that **distracts** you, but don't say them out loud. Have others guess what you chose. Tell them which guesses were right or wrong. Have them keep guessing until they get everything right. Now play again, but this time pick what helps you **focus**!

Place		Thing		Style	
 <b>Outside</b>	 <b>Bedroom</b>	 <b>Snacks</b>	 <b>TV</b>	 <b>Alone</b>	 <b>With Others</b>
 <b>Kitchen</b>	 <b>Living room</b>	 <b>Music</b>	 <b>Deadline</b>	 <b>One Task</b>	 <b>Many Tasks</b>



## Focus Playlist

Next time you need to be focused (like when you're doing homework), break down your task into small steps and plan fun breaks between.

Fill in the blanks to create your own focus playlist!



*Playlist title* \_\_\_\_\_

*Focus task* \_\_\_\_\_ **15 min**

*Break activity* \_\_\_\_\_ **5 min**

*Focus task* \_\_\_\_\_ **15 min**

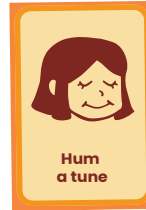
*Reward!* \_\_\_\_\_



# Music Mix-Up

It's time to strike up the band in this family friendly game of musical mischief. With each card adding a new sound can you manage your parts without get distracted by everyone else's? What mixed-up masterpiece will you make? **Here's how to play:**

- Cut on the **dotted lines** to make cards, then form a card pile.
- First player draws a card and puts it face up. If **'Clap your hands'** was drawn, that player would start clapping to a beat.
- Next player draws a card and adds it to the song. The two players perform their sounds together and start jamming.
- As you play more cards you'll perform more sounds. Take turns drawing cards until all the cards are drawn. Work together to find your flow and focus on the rhythm!



Sing  
"Cha, Cha, Cha"



Pat your  
Stomach



Clap your  
Hands



Stomp  
your Feet



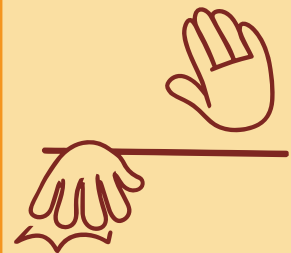
Tap  
your Feet



Hum  
a Tune



Sing  
"La, La, La"



Drum  
the Table