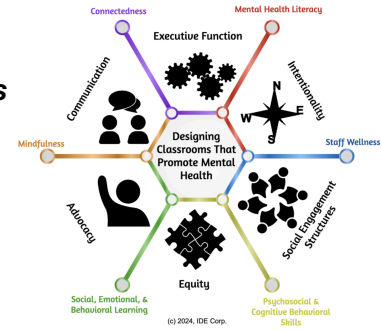


Designing Classrooms That Support Mental Health Series



Student Focus Card

Focus Cards are designed to foster self-awareness, emotional regulation, and a sense of control—critical foundations of mental health. Focus Cards help students strengthen their focus and stay on task while supporting mental health skills such as self-awareness and self-regulation. Use the cards to guide conversations, set personal goals, and empower students to make connections between their emotions, choices, and overall well-being.

At set times during the day, ask students to pause and reflect on how well they were focusing. They jot down their reflections, then discuss their responses with you. This quick routine helps build mindfulness and enables students to recognize what supports or disrupts their attention. As they return to work, check in with questions like, “How did you know you were focused?” or “What distracted you?” These small moments make a significant impact on focus and emotional well-being.

_____’s Focus Card

Directions: When the teacher stops for a check-in, write the time into the first column, and place a checkmark in the column that matches your work at that time.

Today’s Skill:

Time	I’m not doing my best.	I’m doing okay.	I’m impressing myself!