


Annex 2 – Call to Action Activity Template

Theme: Staying Focused

Thematic Area	Staying Focused		
Activity Title	"Focus Boost Challenge"		
Type of resource	Self-Help Activity		
Photo			
Duration of Activity (in minutes)	60 minutes	Learning Outcome	<ul style="list-style-type: none"> • Identify personal distractions that hinder focus. • Develop and apply effective strategies to manage distractions. • Create an action plan to prioritize tasks and achieve goals. • Recognize the importance of self-care practices to maintain focus and concentration. • Demonstrate the ability to stay focused in

			various contexts and situations.
Aim of activity	<p>Concentration is the root of all the higher abilities in man. But what does Bruce Lee want to say with that phrase? By completing this self-help activity, you will gain valuable insight into how you can stay focused and productive, even when faced with distractions or obstacles. This activity will help you to develop practical strategies and techniques for staying on track, managing your time effectively, and achieving your goals. By engaging with this activity, you will be taking an important step towards improving your mental well-being and building resilience in the face of challenges. So, if you're ready to take control of your focus and productivity, let's get started!</p>		
Materials Required for Activity	<p>Pen/pencil and paper for each learner A timer or clock to keep track of time The worksheet handout (which should be provided to each learner) Optional: a whiteboard and markers for group brainstorming and discussion.</p>		
Step-by-step instructions	<p><i>Step 1: You will be given a list of tasks that need to be completed within a set time frame. Take a few moments to review the tasks and understand what needs to be done.(Daily Planner Worksheet)</i></p> <p><i>Step 2: Prioritize the tasks in order of importance. Think about which tasks are the most urgent or have the closest deadline, and which tasks will require the most time and effort.</i></p> <p><i>Step 3: Use time management techniques such as the Pomodoro Technique to help you stay focused and avoid distractions. This involves breaking your work into intervals of focused work followed by short breaks.</i></p> <p><i>Step 4: Work together with your peers and share strategies for staying focused. Encourage each other to stay on task and hold each other accountable for completing the work. (Worklog)</i></p> <p><i>Step 5: After completing the activity, participate in a group discussion to reflect on the experience and share insights and strategies for time management and staying focused.</i></p> <p><i>Step 6: Finally, make use of additional resources and support as needed, including information on time management and goal setting, to continue developing your skills in this area. Good luck!</i></p>		

Template	Daily Planner Worksheet Worklog
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