



## Helping Kids Tune In: Attention Strategies That Stick

### 📌 Workshop Overview

Many children today struggle to stay focused, remain engaged, or follow through with tasks, often leading to frustration for both the child and the adults who support them. This workshop gives educators, therapists, and caregivers a clear, compassionate understanding of what drives attention challenges and offers **practical, movement-based strategies** to help children become more present, connected, and calm.

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### 👥 Who Should Attend?

- ✓ Occupational Therapists
- ✓ Educators & Learning Specialists
- ✓ Mental Health Professionals
- ✓ Parents & Caregivers

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### 📘 What You'll Learn

- 🧠 How underlying regulation difficulties can affect a child's ability to focus
- ❖ Simple, movement-based tools to improve attention and reduce fidgeting
- 💡 Strategies to help children settle their bodies so they can engage their minds
- 🤝 Practical supports for improving focus both at home and in school

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### 📍 Workshop Details

- 📅 Duration: Customizable (typically 2–6 hours)
- 🎤 Format: In-person or virtual
- ✉️ Email: [info@thethrivegroup.co](mailto:info@thethrivegroup.co)
- 🌐 Websites: [www.thethrivegroup.co](http://www.thethrivegroup.co) | [www.otinyourpocket.com](http://www.otinyourpocket.com)

💬 *Equip yourself with the tools to unlock focus, ignite learning, and help children stay fully present.*