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FUTURE HUMAN SKILLS™ MINI GUIDE

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FOCUS POWER

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What you feed grows.
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A simple guide for helping kids understand
their attention, choose where it goes,
and practice using it with intention.



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FOR GROWN-UPS + KIDS
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A framework from
CONSCIOUS KIDS MEDIA™

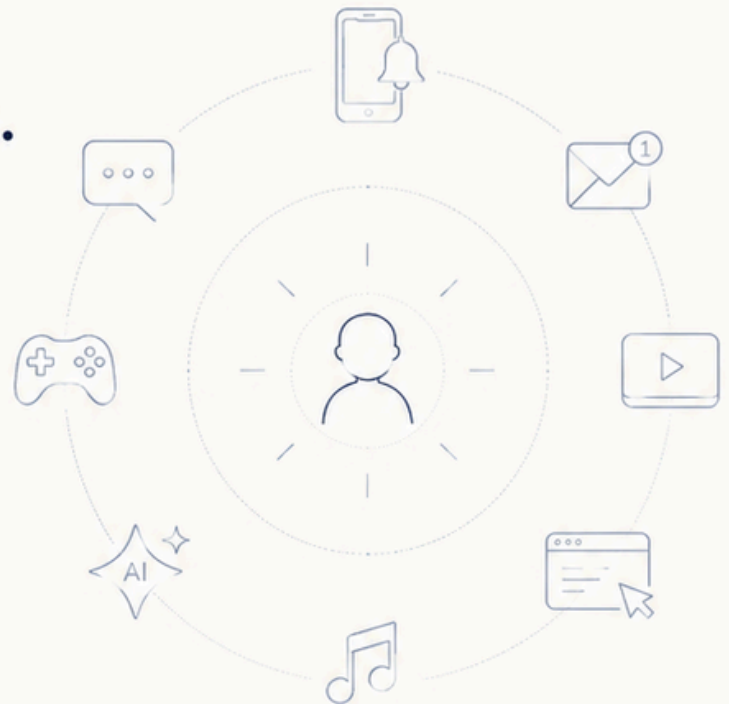


THE WORLD THEY'RE ENTERING

Your child is growing up with more information competing for their attention than any generation before them.

Videos.
Notifications.
Games.
Group chats.
Algorithms.
AI-generated answers.
An almost endless stream
of things saying:

LOOK HERE.



The question isn't whether our kids will learn how to use technology.

They will.

The bigger question is:

Will they know how to choose what gets their attention?

Because attention isn't just about whether a child can sit still or **finish** an assignment.

Attention shapes experience.

What we return to again and again can influence what we notice, what we believe, how we feel, and what we do next.

Technology is getting incredibly good at **capturing attention**.

Our kids need practice **choosing it**.

That's where Focus Power comes in.



FOCUS POWER™

What you feed grows.

Meet the Future Human Skills™

AI is changing what our kids will need to know.
But it's also making something else more important:

Knowing how to be human.

Future Human Skills™ is a framework of nine capacities kids can
practice throughout their lives.

They move through three simple developmental movements:

SEE

Understand what's happening.



Perspective Shift
See it another way.



Emotion Vision
Notice what's underneath.



Pattern Sense
Spot what connects.

KNOW

Understand yourself.



Inner Compass
Know what feels true.



Quiet Power
Slow down.
Notice more.



FOCUS POWER
What you feed grows.

CREATE

Choose what happens next.



Possibility Vision
See the doors others miss.



True Sight
See the value others miss.



Unity Field
Different strengths.
Stronger together.

SEE → KNOW → CREATE

Awareness becomes agency.

You don't have to teach all nine today.
We're going to start with one.

Focus Power.



FOCUS POWER



What you feed grows.



CORE CAPACITY

Intentional attention + mindset awareness



WHAT IT MEANS

Focus Power is the ability to notice where your attention is going and understand that what you repeatedly focus on can influence your thoughts, emotions, habits, and actions.

Think of attention like water.

Whatever you keep watering tends to grow.

That doesn't mean we ignore hard things.

It doesn't mean pretending everything is positive.

And it definitely doesn't mean kids should never feel worried, frustrated, angry, or overwhelmed.

Focus Power means learning to notice:

"This has my attention right now."

And then asking:

"Is this where I want to keep putting it?"



WHAT IT CAN LOOK LIKE IN REAL LIFE

Your child makes one mistake during a presentation.
For the rest of the day, their brain keeps replaying:

- *I messed up.*
- *Everyone noticed.*
- *That was terrible.*

The mistake was one moment.

But their attention keeps feeding it.

Focus Power helps them notice the loop and widen the picture:

"Yeah, that part didn't go how I wanted. What else happened?"

- *Maybe they finished the presentation.*
- *Maybe they recovered.*
- *Maybe someone smiled at them.*
- *Maybe they learned what they'll do differently next time.*

The goal isn't to erase what went wrong.

It's to remember that we get to decide what we keep feeding afterward.



THE PRINCIPLE UNDERNEATH THE SKILL

Thoughts are creative.

What we repeatedly give attention to can become stronger in our inner world and begin showing up in how we experience the outer one.



WHY THIS MATTERS IN AN AI WORLD

Much of the digital world is designed to capture attention.

**Your
attention
belongs
to you.**



The Attention Experiment

Grab a pencil.

Think about **one thing**
that felt **BIG** this week.

It could be:

- A mistake.
- Something someone said.
- A test.
- A game.
- A disagreement.
- Something you were worried about.
- Something you couldn't stop thinking about.

1 NOTICE



What happened?

2 NAME



What did your attention keep going back to?

3 LOOK AGAIN



What seemed to get bigger the more you thought about it?

4 WIDEN THE PICTURE



What else was also true?

5 CHOOSE



What deserves more of your attention now?

NOTICE → NAME → CHOOSE

That's Focus Power.

You're not pretending the hard thing didn't happen.

You're noticing that you have some choice
about what happens inside you next.



GROWN-UPS

Don't correct
their answer.

Don't try to turn
it into a lesson.

Get curious.

You might even
answer the
questions too.

*The conversation
is the practice.*

The Focus Power Challenge

The next time something feels overwhelming, don't try to solve everything at once.

Try this together.

1



STOP.

You don't have to figure everything out this second.

2



TAKE THREE SLOW BREATHS.

Give your brain and body a moment to catch up.

3



ASK:

“What CAN I do right now?”

Not everything.
Just **one** thing.

4



CHOOSE WHERE YOUR ATTENTION GOES NEXT.

What's one thought, action, person, possibility, or next step that deserves your energy?



THEN NOTICE:

Did anything change when you changed what you were focusing on?



GROWN-UPS, TRY THIS

Instead of:

“Stop thinking about it.”

Try:

“What are you feeding with your attention right now?”

Or:

“What deserves your attention next?”

You're not telling them what to think.
You're helping them notice that **they have a choice.**



3 Days of Focus Power

No scores. • No perfect answers. • No turning this into homework.

For the next three days, ask **one question**.

That's it.



DAY 1 NOTICE

"Where did most of my attention go today?"



My answer:

Something I noticed:



DAY 2 NAME

"What got bigger because I kept giving it my attention?"



Maybe it was:

- A worry.
- A good idea.
- A problem.
- Excitement.
- Frustration.
- Confidence.
- A friendship.
- A possibility.
- Something else entirely.



My answer:



DAY 3 CHOOSE

"What do I want to feed more intentionally?"



My answer:

One tiny way I can feed it:



NOTICE



NAME



PRACTICE



GROW

You aren't trying to become perfect at controlling your attention.

You're practicing **noticing it**.

Because you can't choose something you haven't learned to see yet.

Awareness becomes agency.

WHERE FOCUS POWER COMES TO LIFE

Kids rarely ask for a lesson
in intentional attention.

They will ask what happens next.

Reading about a human skill can help a child **understand** it.

Practicing it can help them **recognize** it.

But put that skill inside a story?

Now they get to **experience** it.

That's why we created *Adventures in Truth*™.

FUTURE HUMAN SKILL UNLOCKED



FOCUS POWER™
What you feed grows.

The framework becomes the adventure.

READY FOR THEIR FIRST ADVENTURE?

Read Chapter One of
Adventures in Truth™ **FREE**.

Meet Kai and Skylar. Enter Solaria.

And watch Focus Power become something
your child can actually **see, feel, and practice**.

ENTER ADVENTURES IN TRUTH™

THE SKY GARDEN BIOHAZARD

CHAPTER ONE

Kai thought he was fixing a valve.

He was not fixing a valve.

What begins as one impulsive decision quickly
becomes a very blue, very sticky problem.

And when the twins discover that the strange
substance reacts to what's happening inside them,
they have to figure out something much bigger
than how to clean up a mess.

*What they give their attention to might
actually change what happens next.*

CONSCIOUS KIDS MEDIA™

Stories for the humans we're becoming.

