Design your own Focus Hat

Draw your own patterns, stars or suns



My hat's name is:

_____

When I put my hat on, I feel:

_____

or check a face:

☐ happy ☐ calm ☐ ready

Hat on, one breath, eyes and ears. Hocus pocus, time to focus!

Happy Minds SONGS

Want the hold-up cards, desk strips, song files and video?
Get the full kit: happymindssongs.com

Scan to sing along

Free for home & classroom use. Please share happymindssongs.com/focus, not the file. © 2026 Happy Minds Songs