

THE SKY GARDEN BIOHAZARD

Chapter One Workbook

FUTURE HUMAN SKILL™

FOCUS POWER

"What you feed grows."

This workbook belongs to: _____



How To Use This Workbook

Hey, Explorer. Here's your mission.

This workbook is here to help you practice Focus Power—just like Kai did when things got messy in the Sky Garden.

Follow these three steps to complete your mission:



01

**Read (or listen to)
Chapter One:
The Sky Garden Biohazard.**

The story is the adventure.
It gives you clues, moments,
and choices to explore.



02

**Come back here and work
through these pages—with a
grown-up, a friend, or all on
your own.**

Activities, reflections, and
challenges help you practice
Focus Power in your own life.



03

**Take your time. There are no
wrong answers here. This
workbook is just about
paying attention to you.**

Notice what you think. Notice
what you feel. Notice what
you choose.



Your Mission Tools



Curiosity

Ask questions.
Be brave enough
to wonder.



Compassion

Be kind to yourself
as you learn and
grow.



Focus

You only have one
spotlight. Choose
where to shine it.

★ You've got this. Let's go. ★

THE BIG IDEA

What changed when Kai changed his focus?

FOCUS ON THE PROBLEM

The slime grows.



Kai kept watching how big the slime was getting.

*His panic grew—
and so did the slime.*

SHIFT YOUR FOCUS

The slime shrinks.



Kai looked at Skylar instead.

As his attention shifted,
the slime began to slow down.



WHAT KAI DISCOVERED

**Where your attention goes
can change what happens next.**

The problem didn't magically disappear. But when Kai stopped feeding his panic and focused on what he could control, he changed how he responded.



FOCUS POWER

What you feed grows.

Notice where your attention is going.
Then decide if that's where you want to keep it.



★ CHAPTER RECAP ★

Let's remember what happened.



When Kai panicked, the slime expanded and took over more of the Sky Garden.



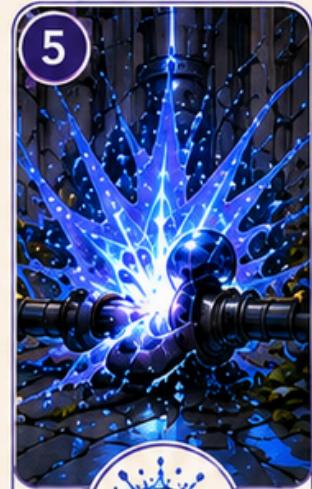
The Sky Garden was saved—mostly. But some slime escaped and is still out there.



Kai tried to fix the faulty valve with his multi-tool.



When Kai looked at Skylar instead, the slime slowed down.



The valve exploded with blue slime that had feelings.

★ PUT IT IN ORDER ★

Write the numbers 1–5 in the boxes to show the order of what happened.

★ Great explorers remember the details so they can learn from them.

★ Every choice teaches us something. ★



MEET YOUR SKILL

FOCUS POWER

"What you feed grows."

Focus Power is the ability to direct your attention intentionally.
Your attention shapes your feelings, your choices,
and the results you create.



ATTENTION



Where you focus
your mind.

FEELING



What you start
to experience.

CHOICE



What you decide
to do next.

RESULT



The outcome
you create.

+ WHAT IS FOCUS POWER? +



- You have a **limited** amount of **attention**.
- When you choose where to place it, you choose what **grows**.
- You can't always control what happens, but you can **control where you focus**.

+ HOW TO USE FOCUS POWER +



Notice where your
attention is going.



Choose to focus on
what helps.



Use your focus to stay
calm and clear.



Create the kind of
result you want.



REMEMBER

You are the director
of your attention.

"What you feed grows."



Focus Power in 30 Seconds

Short on time? Here's the core idea.



The more you **think about** something, the bigger it feels — in your mind, your body, and your actions.



Your **attention** is like a spotlight. You only have one. You get to choose what it shines on.



Kai stared at the slime. It grew. He shifted his **focus** to Skylar's calm voice. It shrank.



The mess was still real. But where he pointed his **attention** changed what happened next.



“What you
feed grows.”



Talk It Through

Grab a grown-up or a friend and explore these questions together.

No rush. No test. Just curiosity.



- 1 When have you felt like a worry or a problem **got bigger** the more you thought about it — like Kai's slime?



- 2 What did Skylar do to help Kai stay calm? Who or what helps you **calm down** when things feel like too much?



- 3 Kai said, "I also started the disaster." Have you ever made something harder by panicking, and then felt better once you **calmed down**?

There isn't one right answer.



- 4 What's one thing in your life that **"grows"** when you give it your attention — for better or for worse?



There isn't **one** right answer.





COULD YOU STOP THE SLIME?



Imagine the blue slime reacts to YOUR emotions, just like it reacted to Kai's.

You have **60 seconds** before it fills the room.

What would you do first?



Run around trying to stop it.

☐


Take three slow breaths.

☐


Yell at everyone.

☐


Focus on one thing you can control.

☐


Blame somebody else.

☐


Ask someone for help.

☐

★ Why did you pick that one?

★ What might happen if you'd picked a different one instead?



Skylar believes in you! ♥



★ SHOW WHAT YOU KNOW

Everybody's "panic slime" looks different — and everybody shows what they know in a different way. Pick **ONE** option below (or try them all!):

There isn't one right answer. ♥

★ Draw It

Draw what your slime looks like when you're stressed, and what it looks like after you use your Focus Power.

★ Write It

Write a short comic strip or story about a time your own "slime moment" grew — and how it shrank.

★ Act It Out

Act out "big panicked slime" and then "calm focused you." Ask someone to guess which is which.

★ Say It

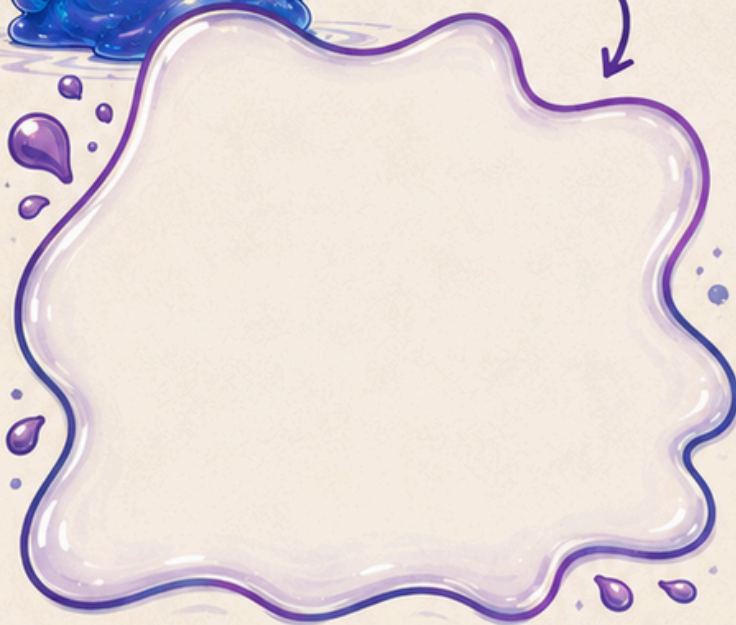
Talk it out with a grown-up, or record a voice memo describing your panic slime and your calm self.



★ IF YOU PICKED DRAW IT: ★

MY PANIC SLIME

Color it. Fill it.
Make it as big and wild as it feels.



MY FOCUSED SLIME

What changes? Size?
Color? Shape? Texture?



☸ Whichever option you chose — what colors, shapes, sounds, or size does your slime have when you're stressed? What changes when you're calm?



FOCUS DETECTIVE: 7-DAY MISSION

For the next 7 days, become a Focus Detective.
Every time you notice yourself worrying about something:

THOUGHTBAND
ACTIVE ➡



STOP.

Notice when
something has
grabbed your focus.



BREATHE.

Take three
slow breaths.



ASK:

"What CAN I do
right now?"
Then do that
one thing.

*You've
got this.* ★

DAY	WHAT GRABBED MY FOCUS?	WHAT I DID	WHAT CHANGED?
 SUN			
 MON			
 TUE			
 WED			
 THU			
 FRI			
 SAT			



What is **one thing** you can do **right now**
the next time you feel overwhelmed?





JOURNAL

Write or draw about a time your focus changed how something felt —
for better or worse.

Lined area for journaling with a large, faint, stylized illustration of a nebula or galaxy in the background.

What did
you notice?



★ Use this space to write, sketch, or doodle freely.
There are no wrong answers here.



GROWN-UPS ✨

This page is for you. Real-life meltdowns don't wait for a good moment, so here's how to bring Focus Power into the ones that show up at home.



THE ONE THING TO REMEMBER

**Don't solve the slime.
Help them notice what
they're feeding.**



WHY THIS MATTERS

Kids are growing up surrounded by things designed to capture their attention — notifications, endless content, algorithms competing for their focus. Focus Power gives them a simple, repeatable truth: **their attention belongs to them**, and where they place it shapes their experience.

This isn't about pretending problems away — the mistake in the story stayed real. It's about noticing that panic and calm both feed something, and choosing on purpose.



DINNER TABLE CONVERSATION STARTERS



What's something small that grew into a big deal today — for you or for someone else?



What's one thing that helps you feel like Skylar felt — calm and steady — when things get loud?



If your attention is a spotlight, what did you point it at most today?



TRY THIS AT HOME

- 1 When your child is spiraling, try Skylar's line: **"Don't look at it. Look at me."** Redirecting attention to a calm, steady presence often works faster than explaining why they shouldn't worry.
- 2 Name the pattern out loud, gently: **"Is this a slime moment? What's it feeding on right now?"** It gives them a shared, non-shaming language for spiraling thoughts.
- 3 Resist the urge to fix it immediately. Skylar didn't solve the slime for Kai — she helped him get still enough to notice what he could do himself.
- 4 After the moment has passed, revisit it briefly: **"What did you feed it? What helped it shrink?"** Reflection after the fact builds the skill for next time.



A NOTE ON TONE

Focus Power isn't about toxic positivity or ignoring real problems. Kai's mistake was still a mistake, and the garden still flooded. The skill is noticing where attention goes and choosing it on purpose — a practical habit, not a magic fix.





★ FOCUS POWER: REAL-WORLD MISSION ★

What do YOU want to grow?

Pick one thing you'd like to give more attention to this week.



Confidence



Friendship



Creativity



Calm



Getting better at something



Kindness



Something else: _____



What's one small thing you could do
for five minutes each day to feed it?





Focus Power isn't just about
shrinking the bad stuff.
It's about growing the good
stuff on purpose.





★ SKILL UNLOCKED ★

FOCUS POWER

★ *What you feed grows.* ★



Certificate of Completion

This certifies that

explored The Sky Garden Biohazard and
practiced Focus Power — the ability to
choose where attention goes.

Date: _____

“You noticed. You chose.
You grew.”

