

# Focusforge — Concept Poster

*Print this and pin it up — an at-a-glance map of the Focusforge cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.*

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## Meet the cast — and what each one teaches

| Character      | What they carry                                                                                                                              |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Hold</b>    | Working memory — keeping a thing in mind while you use it; cast literally cups an orb that pulses gently                                     |
| <b>Wait</b>    | Inhibitory control — the pause between impulse and action; cast treats the pause as a skill, NEVER a moral test                              |
| <b>Pivot</b>   | Cognitive flexibility — switching strategies / reframing; cast treats plan-change as INTERESTING not catastrophic                            |
| <b>Map</b>     | Planning + organization — breaks ANY task into chunks; never says 'you should already know how'                                              |
| <b>Begin</b>   | Task initiation — the hardest part is the first second; cast is gentle never-pushy (rejected: Spark — brand collision; Lift-Off — verbosity) |
| <b>Clock</b>   | Time awareness — time as a felt sense the learner can BUILD; never says 'you should know how long this takes'                                |
| <b>Scan</b>    | Checks your own work as you go, catching a wrong turn while it is still small instead of at the very end.                                    |
| <b>Steady</b>  | Keeps a gentle, steady focus on one thing as the first excitement fades, and comes back kindly whenever attention drifts.                    |
| <b>Whittle</b> | When everything feels urgent at once, carves the loud pile down to the one true next thing.                                                  |
| <b>Chip</b>    | Stays with a hard task by taking one small piece at a time, instead of quitting or trying to force it all at once.                           |

## Key ideas at a glance

*The big concepts this cast helps you master:*

- Working Memory Basics
- Inhibitory Control

- Cognitive Flexibility
  - Planning & Organization
  - Task Initiation
  - time\_awareness\_gr67
  - sustained\_attention\_gr78
  - executive\_function\_integration\_gr78
  - Focus and Wellness
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## Keep exploring online

- **Play it now:** [https:// sparkanvil.org/play/focusforge](https://sparkanvil.org/play/focusforge)
- **Meet the cast:** [https:// sparkanvil.org/cast/focusforge](https://sparkanvil.org/cast/focusforge)
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