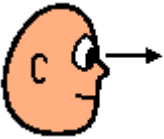





Top Tips for Improving Attention

Below is a list of strategies which have been found to be beneficial to children who have difficulty sustaining attention. Choose the strategies that you believe would best suit your child/pupil.

   	<ul style="list-style-type: none"> • Ensure that the child is giving you eye contact and listening to you. The use of a child's name in an instruction helps to alert attention as do physical gestures. • Reduce visual distractions in the environment: remove distractions and have work materials close at hand. • Seat the child close to the teacher and use clear, specific language. • Ensure the child's seated position allows for his/her feet to be flat on the floor and hip and knee joints at approximately 90 degree angles. • Trial the use of a Move 'n' Sit cushion e.g. when sitting on the floor, on a chair or under feet. • A privacy board can help screen out unnecessary visual stimuli • Try to maintain consistent clear routines e.g. visual timetables. • Implement attention alerting techniques with the whole class e.g. clap a rhythm. • Give assignments one at a time. • Adapt activities – break them into smaller segments, work in smaller groups. • Working for short periods of time e.g. use sand timer • Pair written instructions with oral instructions. • Provide written outlines of instructions. • Remind the child to check over their work.
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- Use reward charts and positive reinforcement
- Provide short breaks between assignments.
- Allow opportunities for the child to move around the room (see movement breaks sheet).
- Use of a Fidget toy if felt to be appropriate
- Allow child to go to quiet area if feeling overwhelmed or needing space to calm down