

GETTING READY TO PAY ATTENTION

HELPFUL FOR: Children who fidget, daydream, struggle with organisation, struggle to follow instructions, struggle to stay focused.

BEFORE STARTING AN ACTIVITY

- Remove all distractions from the work area
- Ensure the child has all the required materials for the task
- Ensure they understand the instructions – use visual aids if needed.
- Explain the purpose of the assignment
- Present work in small amounts
- Give a signal to begin working

FOLLOWING DIRECTIONS

- Give short, concrete directions
- Provide examples (using things they can see, hear, feel)
- Use a visual timetable to organise child through the day and within the steps of an activity.
- Have the child repeat the instructions before beginning and repeat directions if necessary.

STAYING SEATED AND ON TASK

- Make sure the child understands your expectations
- Ensure the child's seat is positioned away from distractions.
- A timer may be useful to show the child the time remaining for the task.
- Increase the frequency of reinforcement
- Build success into the task
- Offer variety in tasks

WORKING INDEPENDENTLY

- Provide activities that are appropriate to the individual child's developmental level
- Be certain the child can see an end to the task
- Give frequent reinforcement; praise the child in front of peers for concentrating
- Alternate short independent tasks with tasks on which you give assistance. Gradually require more independent work before giving help.
- Give child possible options to try before approaching teacher e.g. literacy checklist to check punctuation.