

Introduction

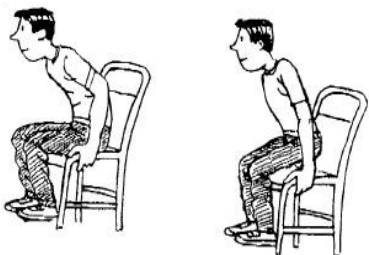
The ability to maintain attention on one activity is crucial for skill development and learning. Some children find maintaining attention difficult and will flit between activities, this affects their ability to finish a task successfully.

Carpet time and group activities can be disrupted when children find it difficult to stay with the group and the child misses out on valuable learning opportunities. There are many reasons why a child's attention is short. This leaflet is intended to give some ideas for incorporation into your daily routine which can be of benefit to all children to help them maintain attention.

ACTIVITIES

These activities are appropriate to carry out before and during activities to help maintain concentration

- **Chair push ups**, push self out of chair on straight arms repeat 3-5 times.



- **Palm presses**, place palms together in 'prayer

- **Reward Chart** Have a visual break down of the activity, on your child's table, which is ticked / given a smiley face, when he completes the parts.
- **Seating Trial** a 'move 'n' sit' cushion (please see resources section at the end of the pack)
- **Hands on head:** Children link fingers in front of them and sit up straight. They then put hands on heads and push down, 5 pushes.
- **Cross Marching** Whole class / individual slow cross march touch opposite hand to knee.
- Give **self a hug**, crossing arms across chest and squeezing shoulders inwards.
- **Now & Next** – either use the actual objects or pictures of the activities to show the child visually what they are expected to do now and what is coming next. The 2nd activity should be something they are motivated by.
- **Egg timers** are more visual to enable the to see when the activity has finished.
- A clear routine will help the child understand what is expected and what is coming next
- Picture prompts of good looking, listening and sitting . These can be used as a reminder at the beginning of activities.

The above are activities are all resistive/weight-bearing activities. These activities have a calming and organising effect on the body, your child may benefit from these types of activities before and during seated activities. Some may be incorporated as whole class activities at the start of carpet time and during seated tasks.

STRATEGIES

- **Discover Motivators** – Experiment with a range of toys, find up to five

position' and press firmly together from shoulders.

- **Tug of war:** Children clasp their own hands in front of them, and pull hard, them apart, trying not letting go

toys which consistently hold the

child's attention. These toys can then be rewards when the child has completed an activity requested by an adult or one they find more difficult.



Sensory based strategies

- Encourage 'heavy' activities before needing to pay attention i.e. carry toy boxes to put away/take out, push the big toys in the garden.
- Incorporate warm ups at circle time before starting an activity; press palms down onto table/floor/chair in order to take weight through arms. Count to 5 or 10.
- Provide activities that require push/pull/squeeze, e.g. pushing friend along in a big cardboard box/on trike, pulling apart clay/playdough/theraputty to find motivating objects.

Frequency of activities

Incorporation of activities in the daily setting routine is recommended. Children who are having difficulties will need specific encouragement to access the appropriate activities to develop skills through guided group / 1-1 activities .

Complete activities from this sheet regularly for at least 3 months

Improving our service

We continue to review our service to make sure that it meets the needs of those who are using it. We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact any member of staff in the first instance, or to the Occupational Therapy Service Lead if necessary.

Contact details: see part 1 of pack

LEARNING TO FOCUS: SHARING ATTENTION

Early Years Activity Sheet

**PAEDIATRIC OCCUPATIONAL
THERAPY SERVICE**