

## Introduction

The ability to focus on a particular activity while being able to ignore what's going on around us is essential when learning new skills.

## ACTIVITIES

- Play copying turn taking games – adult does a mark, child copies. Child does mark – adult copies.
- Use motivating noises – “zzzip” when making a horizontal, “weeee” for circles. Progress to directional words when attention achieved e.g. ‘down’ for vertical.
- Use a variety of chalks / crayons / markers / stampers
- Draw on different surfaces to sustain interest e.g. sugar paper, foil. Textured wall paper,
- Use pre-writing patterns and shapes, — | ○ to make pictures i.e. face, house, favourite animals.
- Have a tray lined with foil use different textures – sand, shaving foam, rice to draw in.

## STRATEGIES

- Trays – a box or drawstring bags with a selection of different tabletop activities, e.g. straws and scissors to snip, mark making materials, puzzles. The child chooses a bag. The number of bags to be increased to extend attention.

- sensory information that children seek which interferes with attention. Information can be obtained from: [www.browfarmwheatproducts.co.uk](http://www.browfarmwheatproducts.co.uk), or go to [www.ebay.co.uk](http://www.ebay.co.uk) and type in weighted lap pad.
- Provide a quiet corner with clear boundaries to the physical space and few distractions, e.g. an area screened by bookcases.
- Present an appropriate motivating activity, e.g. bubbles or a novel toy to encourage initial interest in the activity.
- Provide short instructions e.g. “Sit down”, and a physical prompt to sit if necessary. Reward sitting with the novel toy.
- Provide descriptive praise e.g. “Good sitting”.
- As soon as attention begins to waver, introduce a new activity. A favourite activity may be introduced between other tasks to regain interest and attention.
- Use a kitchen timer or sand timer to show the end of the activity.






- Give simple instructions of one or two key words, e.g. “Look.....snip!” when using scissors in demonstration.
- Give descriptive praise e.g. “good drawing”. Use pictures of good sitting, looking and listening to back-up verbal praise. Use your tone of voice to sustain interest, observe and comment on child's effort with simple phrases and few words.
- Allow an activity to continue if child is concentrating. Look for opportunities to extend the activity wherever possible. As soon as attention begins to waver, introduce a new activity. A favourite activity may be introduced between other tasks to regain interest and attention.
- Use a kitchen timer or sand timer to show the end of the activity. Make it part of the game to stay at the table / activity until the sand has gone /

- A table and chair of correct height, allowing feet to rest flat to floor.
- A 1kg weighted lap cushion may help to sustain sitting. As it provides additional.

Make it part of the game to stay at the table / activity until the sand has gone / timer buzzes

timer buzzes.

## Equipment

	PRICE	DESCRIPTION	ILLUSTRATION	SUPPLIER
<b>Lap Pad Set</b>	£89.95 + VAT (Delivery price £4.95)	<ul style="list-style-type: none"> <li>- Non-invasive method of providing proprioceptive feedback and stability for seated users.</li> </ul>		<b>ROMPA</b> Goyt Side Road Chesterfield Derbyshire S40 2PH 0)1246 211777 www.rompa.com
<b>Massage Tube</b>	£12.45 + VAT (Delivery price £4.95)	<ul style="list-style-type: none"> <li>- Flexible massager which makes vibration fun to explore.</li> <li>- Lightweight and fully portable, the massager may also give soothing and penetrating relief to aching muscles.</li> <li>- A special Velcro fastener is included for hands-free massaging.</li> </ul>		<b>ROMPA</b> Goyt Side Road Chesterfield Derbyshire S40 2PH 0)1246 211777 www.rompa.com
<b>Bendy Men Set</b>	Price: £3.50 £4.45 Delivery  Prices may vary	<ul style="list-style-type: none"> <li>- Three bendy men can be used to demonstrate new moves to children, and can be used to keep those fingers moving when trying to concentrate</li> </ul>		<b>Special Direct</b> <a href="http://www.specialdirect.com">www.specialdirect.com</a> 0800 318 686