

FOCUS

I can play alongside others

I can remain on task independently at all times

I can show an interest in others' play

I can play on my own

I can focus on an activity of my own choice

I can ignore others' poor choices

I can stop what I am doing and listen to an adult

I am developing my own strategies to maintain focus

I can focus on an adult led activity for 5 minutes

I can ensure all my equipment is readily available

I can concentrate on a task independently

I can maintain focus when working with others or in a group

I can remain on task with support

I can follow instructions by the count of 3

I can remain on task independently

I can respond appropriately when spoken to by an adult

I can do as I am asked first time

I can do as I am asked even if I do not want to

I am able to repeat back my instructions

I can ignore others' behaviours and distractions

I can carry out all instructions by adults





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Ideas to try at home



Encourage your child to be in the moment. What can you see, hear or smell?

Display achievements, photos, certificates, good work on the wall..

Activities such as jigsaw puzzles and memory match games are good to encourage focus.

Use visual timers to show how long a child has left to play or complete their work. (sand timers, digital timers or ask Alexa for a 10 minute timer)

Reduce distractions in the home when doing homework e.g. turn the TV off and have a clear space

Use verbal prompts to prepare a child for when a fun activity is coming to an end e.g. you have 2 minutes left, we are finishing in 5, 4, 3, 2, 1, 0.

Have a reward system e.g. a pom pom jar, sticker chart or tokens for when your child has followed instructions correctly.

Use a visual checklist for getting dressed, getting ready for school, homework tasks so they can organise their thoughts and complete the task independently.

Divide longer tasks into smaller chunks. E.g. 2 questions then you can have a break or we will read 4 pages and then we will finish.

Encourage short breaks when focusing for a long time. e.g. 30 minutes working, then a 10 minute break.

Spot the difference, word searches, dobble, copying pictures and the I went to the supermarket game all develop focus skills.