

# Attention Tools



Being able to concentrate and listen effectively are all part of the skills necessary to sustain attention. Reading and writing require the ability to focus and pay attention to what you are doing. Focused attention is needed for almost everything: playing a game, reading writing, listening to instructions, baking, and riding a bike to name a few. Focusing, listening intently and concentrating are the essential to improving attention.

**TASK:** Look at the focus and attention strategies listed below.

Check the ones you use and explain when and how you use them.

Then, put an **x** on the line for the ones that could help you become more attentive and explain how they could help you concentrate, listen and focus.

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| <input type="checkbox"/> _____ Breathing techniques            | <input type="checkbox"/> _____ Phone app(s):        |
| <input type="checkbox"/> _____ Self-talk                       | <input type="checkbox"/> _____ Tablet app(s):       |
| <input type="checkbox"/> _____ Reduce distractions             | <input type="checkbox"/> _____ Take movement breaks |
| <input type="checkbox"/> _____ Quiet your mind                 | <input type="checkbox"/> _____ Daily planner        |
| <input type="checkbox"/> _____ List and manage<br>distractions | <input type="checkbox"/> _____ Play memory games    |
| <input type="checkbox"/> _____ Timers                          | <input type="checkbox"/> _____ Use lists            |
| <input type="checkbox"/> _____ Remove visual<br>distractors    | <input type="checkbox"/> _____ Set reminders        |
| <input type="checkbox"/> _____ Other:                          | <input type="checkbox"/> _____ Other:               |