

Ways to Help Attention in Class

Before you start:

- **Sit the child so they can see the teacher and anything else they need** (e.g. activity, board)
- **Make sure the child is looking at you before giving instructions**
- **Wait for the child to sit and stop what they are doing**
e.g. put down their pencil, turn off the TV or remove what they are playing with.
- **Say the child's name to get their attention**
- **Use "Good Listening" rewards in your classroom**
e.g. good sitting, good looking and good thinking points chart for every child.
- **Work in quiet areas.** Sit or work near a wall or near to and facing the front.

When you give instructions:

- **Say 2 or 3 short instructions rather than one long instruction.**
- **Give the child time to listen and do each part before you give the instruction.**
- **Give instructions in the order they need to be done.**
- **Give instructions individually to the child after the group or class.**
- **Get them to say the instructions back to you or in their heads.** e.g. "maths book pages 2 and 5...maths book pages 2 and 5... etc".
- **If they haven't followed all of the instruction, say it again.**
- **Give visual supports to help children remember the instructions.**

To do the task:

- **Use visual reminders to help them finish the task:** pictures, objects, photos, gestures and handouts e.g. a list of jobs to tick when finished, pictures or drawings of what to do next
- **Give children extra time to move their attention from one activity to another.**
- **Use a timer to help the child do the task for longer.** Give stars/ stickers straight away for finishing and listening.