

Pack for attention



This pack should only be used under the guidance of a Speech and Language Therapist

Original concepts by Speech and Language Therapists in Hull and East Yorkshire
Updated by Rona Gaffney 2015



Name: _____
School: _____

D.O.B: _____

Overall aim(s)	Where am I now?	What will I achieve?	Outcome	Actual Outcome
To help the child improve their expressive and receptive language skills to their full potential	The child 's attention span is not age appropriate	The child will be able to attend for an age appropriate amount of time (as indicated by the therapist) during a structured therapy session		
Therapy package: Targets will be reviewed as agreed with the speech and language therapist	Timescale: As agreed with the speech and language therapist	Factors contributing to outcome: Commitment from adults working with the child and regularity of practice.		

Please work through the following activities. If you have any questions or feel that the targets have been achieved, please contact the speech and language therapist



Developing a child's attention span



- ❖ It is helpful to remove distractions. Have a quiet time of 10-15 minutes without the T.V. or music on.
- ❖ Choose toys that your child is interested in. Take time to observe what he/she likes to play with and how they play with them.
- ❖ Toys can be played with in different ways. This can encourage your child to concentrate for a longer period of time with one toy/object.
- ❖ Allow your child to lead the game. Offer him/her toys but follow what he/she does with them. He/she may not want to do what you want to do! You will keep his/her attention for longer if the activity is of interest to them.



Activities to develop attention

Ready, Steady, Go – this is excellent to build your child's attention because it makes activities exciting for them.

You can use it in many games, try and build it into some of the following activities.

❖ **Bubbles** – great for getting your child interested.

- Blow them and let your child chase them
- Pop them



❖ **Balloons** – throw them, catch them.

❖ **Stacking toys** e.g. barrels, beakers

- build towers and knock them over
- roll them

Other activities that you can do to improve concentration:

❖ **Feely box** – hide interesting objects in a box or bag and slowly let your child put his/her hand in and feel it before pulling it out

❖ **Bricks** – build towers and knock them down

- Bang them together
- Line them up and push them along a table like a train



Attention

Many children have a short attention span, and those with communication difficulties may have particular problems with concentration.

A good attention span is needed before a child can begin to understand language.

The aim is to extend the time a child is able to concentrate on one activity.

The following ideas show how one toy can be used in many different ways to help prolong the child's interest.

Inset puzzles

- Take all the pieces out and put them back in, talking about each piece and learning the word/sign
- Hide one piece and ask your child which is missing
- Hide a piece in one hand and get the child to guess which hand
- Match puzzle pieces to real objects
- Put pieces in a pot and shake them
- Draw round them

Stacking beakers

- Use them for counting and matching colours
- Build towers in different ways
- Roll them to each other
- Hide things in them and play memory games
- Sort coloured sweets in them
- Play with beakers in the bath, fill them with water or float them
- Use them to make sandcastles



Coloured beads or buttons

- Make necklaces or 'snakes'
- Sort them into colours, shapes and sizes
- Put them in pots and shake them
- Make patterns

Feely boxes

Have an object of interest in the box, open the lid slowly and let your child put their hand in and feel it. Take the object out and play with it. Think of sensory objects, for example, glove puppet, play dough or squeaky toy.

Balloons

- Blow them up and let them go
- Feel the air coming out
- Draw faces on them
- Pop them
- Throw and catch them



Play dough

- Roll it and cut out shapes
- Make different objects, e.g. cakes, snakes etc.

Toy bricks

- Build towers or walls and knock them down
- Line up the bricks and push them along like a train
- Play peep-boo
- Bang them together

Books/songs

Lift the flap books and nursery rhymes can also be used to increase your child's length of concentration

