**Trafford Children’s Therapy Service**

**PRIMARY SCHOOL - GETTING READY TO PAY ATTENTION**

**HELPFUL FOR:** Children who fidget, daydream, struggle with organisation, struggle to follow instructions, struggle to stay focused.

**BEFORE STARTING AN ACTIVITY**

* Remove all distractions from the work area
* Ensure the child has all the required materials for the task
* Ensure they understand the instructions – use visual aids if needed.
* Explain the purpose of the assignment
* Present work in small amounts
* Give a signal to begin working

**FOLLOWING DIRECTIONS**

* Give short, concrete directions
* Provide examples (using things they can see, hear, feel)
* Use a visual timetable to organise child through the day and within the steps of an activity.
* Have the child repeat the instructions before beginning and repeat directions if necessary.

**STAYING SEATED AND ON TASK**

* Make sure the child understands your expectations
* Ensure the child’s seat is positioned away from distractions.
* A timer may be useful to show the child the time remaining for the task.

* Increase the frequency of reinforcement
* Build success into the task
* Offer variety in tasks

**WORKING INDEPENDENTLY**

* Provide activities that are appropriate to the individual child’s developmental level
* Be certain the child can see an end to the task
* Give frequent reinforcement; praise the child in front of peers for concentrating

* Alternate short independent tasks with tasks on which you give assistance.
* Gradually require more independent work before giving help.
* Give child possible options to try before approaching teacher e.g. literacy checklist to check punctuation.