

Being Focused for Learning

TIP #1

Do movement activities before seated activities and/or when moving between activity stations. Try action songs and animal walks.

TIP #2

When you notice the child is losing focus allow them to take a break from the activity. They may be able to run an errand, give out workbooks, rub off the board or stack chairs.



TIP #3

Reduce visual distractions in the classroom such as busy decorations, displays, and clutter on the child's desk. Try to keep the noise levels low during seated activities.

TIP #4

Make sure the child is getting enough healthy foods, physical activity and sleep so they can focus.

Who can help? Where? When?

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My Tips

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Disclaimer

Please note that the information on this handout:

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