



## HELLO PARENTS,

Attention or concentration span is a child's ability to give undivided attention to a specific task at hand. It requires blocking out all other stimuli, such as: sound (television sound), visuals (watching what is happening outside the window) or unnecessary information (parents or family members talking). The average concentration span for a preschooler is usually less than 15 minutes. That is, 15 minutes purely focused on one task. For younger children, it is 5 minutes. As children get older, they can concentrate for longer periods. Half an hour is usually appropriate in the primary grades. In this newsletter, you will find activities that will help increase your child's attention and concentration.

## ACTIVITIES INFANTS (3 – 18 MONTHS)

### GUESS WHAT I HAVE?

#### MATERIALS

- Blanket
- Stuffed animal or any other toy

#### DIRECTIONS

- Wrap a toy in a blanket and encourage your child to explore it.
- While your child is exploring the wrapped toy, say comments like: "What could this be? It feels soft".
- While your child is watching, reveal the hidden treasure.
- This activity will teach your child to put certain senses together, while further developing their joint attention.

[Click here](#) for more activities.

## TODDLERS (19 MONTHS – 2.5 YEARS)

### WHICH CUP? GAME

#### MATERIALS

- Three cups
- Ball or other small object

#### DIRECTIONS

- Place all three cups upside down, and show your child which one has a ball inside it.
- Move the cups around and see if your child can remember which one had the ball inside.
- When your child finds the ball, switch roles and let them move the cups around. It is your turn to find the ball inside of the cup!

[Click here](#) for more activities.

## PRESCHOOLERS (2.5 – 5 YEARS)

### SCISSORS PRACTISE

#### MATERIALS

- Scissors
- Paper
- Markers

#### DIRECTIONS

- Encourage your child to draw some lines and shapes on a piece of paper.
- With your supervision give the scissors to your child and let them practise cutting the shapes and lines they drew on the piece of paper.
- This easy activity requires great concentration to cut along the lines correctly.

[Click here](#) for more activities.

## JK/SK (4 – 6 YEARS)

### SPOT THE DIFFERENCE

#### MATERIALS

- 2 players
- Accessories to wear (earrings, necklace, bracelets, etc.)
- Paper, pencil, and eraser

#### DIRECTIONS

- Ask your child to pay attention to what you are wearing and memorize them.
- Leave the room and change or take off one thing. For instance you could take off an earring, tie your hair back or change your shirt.
- Come back in and ask your child to spot what you have changed.
- You can also play this game in a different way by using paper, pencil, and eraser. Draw a person or a scene and erase one thing out when your child is not looking. Can your child spot the difference?

[Click here](#) for more activities.

## SCHOOL-AGERS (6 – 12 YEARS)

### STORYTELLING GAME

#### DIRECTIONS

- One player starts with the beginning of a story, such as: "I went to the shop and I bought a tomato".
- The following person repeats the story, and adds an item: "I went to the shop and I bought a tomato and a newspaper".
- This will carry on until someone forgets an item! You can alter this game to be as challenging or as simple as you would like.

[Click here](#) for more activities.



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and Citizenship Canada

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### A TIP FOR TODAY

- Set aside a reasonable amount of time for your child to practice focusing on a specific task.
- Do one thing at a time. For very young children, you might simply sing the alphabet together while looking at the letters. For children who are older, you can complete one long division problem at a time together.
- Break big tasks down into smaller, more manageable pieces.