

Purposeful activities to support building attention.

Memory games:

- What did you see in the garden?
- Can you remember what colour the front door is?
- What did you have for breakfast this morning?
- Lay out a few (3) items on a tray. Look at them, cover them. "What items were on the tray"?

Listening games:

- "Simon says ..." Add in simple actions such as stand on one leg. Lift your hand and wave. Say boo! Don't forget to take turns with who gets to be the leader.

General daily outline:

- Have a loose outline of your day. For example
- Breakfast – activities – lunchtime – quiet time – activities – tea time.
- Comment on members of the group/family that will be doing other jobs.
- Say out loud what jobs you're going off to do when you leave a room "I'm going to make a drink".

Sensory trails or hunts:

- Some are available on the website and Facebook page.
- Think about finding things around the house/room that you can
 1. See
 2. Hear
 3. Touch
 4. Taste
 5. Hard/soft/squidgy/cold things
 6. Loud things
 7. Quiet things

Surprise physicality:

- Say suddenly a quick physical action that they aren't expecting for example:
 1. Run to the garden and back
 2. Do five star jumps
 3. Lay on your back and kick your legs 10 times
 4. Spin in a circle 3 times

Commentary on daily life:

- Say what you are doing in in your daily routines. For example: "now I'm going to brush my teeth." "I'm getting you a drink, I have to get the cup, now I'm pouring in the water, now the squash..."
- Talk about things and people- make links.
"Look at that blue door. Your eyes are blue too."
"Look at that spider web, its grey and shiny like Granny's hair!"
"Can you count the amount of stairs we are going up, lets count together."