



कितक्षेत्रीय कौशल विकास, पुनर्वास एवं दिव्यांगजन सशक्तिकरण केंद्र, नागपुर



COMPOSITE REGIONAL CENTRE FOR SKILL DEVELOPMENT,
REHABILITATION & EMPOWERMENT OF PERSONS WITH DISABILITIES, NAGPUR

(Under Administrative Control of National Institute for Empowerment of Persons with Multiple Disabilities)

(Department of Empowerment of Persons with Disabilities (Divyangjan),

Ministry of Social Justice & Empowerment, Govt. of India) KridaPrabodhini Hall, Yashwant Stadium, Dhantoli, Nagpur-440012
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ACTIVITIES TO IMPROVE ATTENTION SPAN

Strategies for Learners with Attention Issues



www.thepathway2success.com

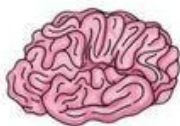
Give clear, one-step directions



Teach students to check-in with themselves



Incorporate movement during lessons



Give brain breaks between lessons



Set a timer for work sessions



Provide fidgets (and teach how to use them)

Use visuals as reminders and supports



Provide flexible seating options



Play attention-boosting games



Incorporate hands-on learning activities



Use student interests in lessons



Use a chime before giving important information

The Brain Gym® Activities

I get ready to ...

... read, write, listen, or speak

The Midline Movements

Think of an X Neck Rolls The Double Doodle Alphabet 8s Belly Breathing The Cross Crawl

The Elephant Cross Crawl Sit-ups Lazy 8s The Rocker The Energizer The Cross Crawl

... plan, organize, or line things up

... share, play, or work

The Energy Exercises

Sipping Water The Energy Yawn The Thinking Cap

Space Buttons Earth Buttons Brain Buttons Balance Buttons

Deepening Attitudes

The Positive Points

Hook-ups Part I Part II

... focus, understand, or participate

The Lengthening Activities

The Owl Arm Activation The Footflex The Gravity Glider The Calf Pump The Grounder

Learn to Move . . . Move to Learn

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