

Activities to support focus and concentration

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| Memory games | Card games such as matching pairs and snap. |
| Kim's game | <p>Have a tray with objects on it. Begin with about 5 objects and build up to more over time. The child must look carefully at all the objects. They close their eyes and you remove one object, keep the position of all the other objects the same. When they open their eyes they must say which object is missing. Repeat by placing it back and removing another.</p> <p>To add extra challenge move the position of the objects after removing one. Alternatively move 2 objects.</p> |
| Pattern reproducing. | <p>Create a repeating pattern with objects such as sweets (colourful smarties are perfect!), lego, beads, pasta shapes, buttons etc.</p> <p>Ask the child to continue the pattern. This can also be done with drawn shapes in different colours or with stickers.</p> <p>For additional challenge add a timer to set a time limit.</p> |
| Spot the difference Spotting books | <p>These can be found in children's magazines, annuals, online and in puzzle books. They are perfect for concentration. Where's Wally and other books that require the child to find something are also great for focus and concentration. Usborne have a series of books '1001 Things to spot'</p> |
| Oral memory games | <p>Games such as 'I went to the supermarket and I bought....' or 'I went on holiday and took....'</p> <p>Each person adds a new objects and the next person has to remember the ones that come before and then add another. The sillier the items the more fun it becomes and can be easier to remember! Great for a long car journey too.</p> |
| Instruction following games | <p>Simon says.</p> <p>Add more than one instruction to add more challenge.</p> |
| Scavenger hunts. | <p>Ask your child to go and collect objects from around the house (eg a toothbrush, a pair of socks, an apple, a book). Choose objects from different rooms. Give them maybe 4 objects to start with and gradually increase to more as they get more competent.</p> |