

Activities to Encourage Focus and Concentration (Session 8)

1. Increase the structure and predictability in routine.
2. Tap on “Concentration points” one inch above and behind ear, and massage earlobes three times daily.
3. Provide preferential seating (according to dominance profile and distractibility).
4. Use essential oils topically, internally, or diffused in the air.
5. Practice sensory stimulation activities every two hours.
6. Take frequent water breaks to decrease the Glutamate levels in the brain.
7. Provide a small, nutritionally dense snack every two hours (i.e. protein and complex carbs together, like slices of apple with peanut butter).
8. Create an office "cubby" made of folders etc. to reduce visual distraction for those easily distracted by visual stimuli.
9. Explore a trial period of using iPod or calming music/nature sounds for independent work, with or without headphones.
10. Allow your learner to stand at higher desk, table or podium at back of room.
11. Allow the use of gum, TicTacs or dry pasta to chew on throughout the day.
12. Encourage opportunities to take a walk to get water, etc. to increase physical movement.
13. Encourage the use of water bottles (especially those with “sucking” lids or straws).
14. On a trial basis, allow the use of a weighted exercise ball or tall stool for class work (students with focus issues are moving in order to stimulate the inner ear/vestibular to pay attention).
15. Provide a chair seat or balance cushion on the floor when seated.
16. Secure velcro under the desk of tactile students.
17. Allow use of Squeezy ball, “Spinner Ring,” or other sensory fidgets you can purchase at Amazon.com, Target, or Walmart.
18. Allow kinesthetic movement during memorization such as math facts or spelling words (ie. playing catch).

19. For handwriting issues, the use of a ball and/or gum can improve emotional grounding and calmness during writing activities.
20. For visual/spatial issues, incorporate graph paper into schoolwork.
21. Try using a Theraband around desk legs.
22. Use a weighted vest or something similar 20-30 minutes per day during teacher instruction.
23. Change the color of handouts from his/her teacher.
24. Highlight boxes in math workbooks.
25. Use a drawer system (plastic from any discount store) instead of desk, organizing the drawers by subject in the order they occur during the day, with the last drawer for personal items (i.e. library books, glue, etc.).
26. Create a pacing line at the back of the classroom.
27. Create a sensory box full of construction type activities that are earned as a reward (i.e. clay, knex, etc.).