



# Improving Concentration & games

Burlington Infant & Nursery School  
June 2023



# Improving your child's concentration

- ▶ There are many things that you can do at home to help your child improve their concentration.
- ▶ Everyone needs to be able to focus and concentrate in order to complete tasks. The length of time for which we're able to do this depends on age and on the activity we're doing.
- ▶ Young children in schools - and at home - need to develop the ability to focus on a task, and also to stay still long enough to listen to and follow instructions.
- ▶ Other factors such as tiredness, hunger, over-stimulation or emotional upset will also affect a child's ability to concentrate. There are many things that you can do at home to help your child improve their concentration.



# Make Sure Their Basic Needs Are Met

- ▶ Children and teenagers need a decent amount of good quality **sleep** every night, so it's important to put in place a good bedtime routine this can help set boundaries and routines.
- ▶ **A healthy and balanced diet** is great for good concentration skills, so try to give your child five portions of fruit and vegetables every day.
- ▶ Is your child getting enough **exercise**? The amount will vary from child to child, but most children find it much easier to concentrate if they've had a good run around or some form of physical activity on a daily basis, preferably outdoors.



# Remove distractions!!!



- ▶ Have you thought about the sort of things that may be preventing your child from concentrating? Is there a way to remove or minimize them? This could be noise, people, lighting, tiredness, hunger or interruptions. Digital devices can often be a big distraction. Work with your child to find a screen time balance.
- ▶ Provide downtime- Proper 'downtime' every day to enables your child to recharge their batteries. Concentration and memory are like a muscle - the more you work them, the stronger they become. Don't expect too much too soon; instead, look for small gains, and don't forget to praise your child for the efforts they make to improve their concentration



# Create the Mood for Concentration

- ▶ Do you know what helps your child to concentrate?
- ▶ Listening to some calming music and focusing on breathing techniques can help steady the mind and the body to help with concentration later on.
- ▶ Breaking big tasks up into bite-size pieces to be tackled one at a time makes them less daunting.
- ▶ Don't forget to reward your child for their effort in concentrating. It could be with something tangible such as this star in a jar or reward chart.



# Ideas for home- now and Summer holidays

- ▶ Try memory games e.g Kim's game and shopping basket game
- ▶ Sequencing and organising activities
- ▶ Puzzles
- ▶ Dice and board games
- ▶ Lateral thinking games - Lateral thinking is all about approaching a problem from different angles



# Games to borrow

- ▶ Please feel free to 'borrow' a game of your choice
- ▶ Please look after all of the pieces and return to your class teacher by Friday 23<sup>rd</sup> June
- ▶ Please complete the sheet with name and class

Board game café in Guildford

<https://www.unplugandplay.cafe/>