

STRATEGIES FOR PROMOTING ATTENTION AND FOCUS

- Minimize environmental distractions in classroom (i.e., over-decorated walls, dangling objects from ceiling, & loud volume on auditory devices)
- Break lessons into 10 -12 minute segments
- Avoid interruptions in teaching/lesson segments (i.e., allow bathroom breaks only between lesson segments)
- Use interactive learning techniques (i.e., groups, activities, applicable games, etc.)
- Maintain consistent classroom schedule for teaching, activities, and maintenance tasks (i.e., copying assignments from board, collecting homework, checking classwork, etc.)
- Before initiating each lesson, provide a brief verbal overview of what will be presented, expectations for note-taking, and included tasks/activities
- Place desks facing front toward the teacher for teaching/lesson segments (students should not be turning their heads or reorienting their body position to maintain visual contact with teacher – desks can be moved for group or interactive activities)
- Seat distracted students in the front of the classroom away from door

