



TIPS TO IMPROVE FOCUS

- **To increase student attention:**

- Make a Classroom “Exercise Wheel” with simple movement activities such as: toe touches, toe lifts/heel raises, squats, mountain climbers, marching, yoga poses
- Use with class prior to seated work tasks, prior to group listening activities, prior to taking tests
- Allow for water bottles, specifically ones with a straw
- Provide Velcro dots to put on pencils as a tactile fidget
- Allow for regular movement breaks between lesson segments
- Incorporate movement into interactive learning activities
- Allow students to stand at desk to complete writing assignments
- Allow for doodling while listening
- Provide a quiet fidget such as a paper clip or rubber band when listening
- Try Mindfulness-Based Stress Reduction
- When completing independent/ “quiet work” add classical music or music with a solid rhythm such as Native American drumming
- Poses that focus on balance(i.e. Tree pose)and poses that invert the head (i.e. Downward dog)
- Ask for volunteers to erase whiteboard, pass out or collect papers, and collect supplies as needed
- Mountain pose when lined up in hallway and waiting