

Quick and Easy Tips to Stay Focused

Go outside!

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Learn yoga and practice mindfulness

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Try games and apps that promote focus

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Make lists to stay on track

...

Practice, Practice, Practice

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Take short breaks

...

Limit obvious distractions

...

Take on tasks one at a time

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TIPS TO STAY FOCUSED

For Elementary School Children



Tips on Staying Focused for Elementary School Children

Staying focused can be hard for many students. Some have a more difficult time than others. If you are constantly daydreaming in the classroom or losing track of what you are doing, you are having trouble with your sustained attention. Sustained attention is your ability to stay focused on a person or task. There are many things that you can do to help improve your sustained attention and focus, including sitting front row in class and using technology. Try these tips and notice the difference!

Here are some of our favorite memory tips for students just like you:



Ask your parents or teachers to remind you to pay attention.

Telling your parents or teachers that you have trouble focusing can help them help you!

When your teachers know you are distracted, they can help you get back on task.

Your parents can do this at home, too!



Try activities where you need to pay attention.

Doing something where you have to pay attention can help you focus better.

Try playing first base in baseball or softball.

You could also try a musical instrument such as flute or clarinet.

Listen to music.

Music can make you more focused and creative!

Try music with lyrics when doing math and music without lyrics for reading.

Find the music that helps you to focus best and use it when you need to!

Control your distractions!

Having a tablet or a favorite website up can distract you!

Know what distracts you and put it away while working.

Set a time to work and take a break after 20-30 minutes.

Eat healthy foods!

Eating healthily can help you focus.

Eating a healthy snack is a great way to help you concentrate.

Try nuts or an apple with peanut butter!

Try using technology!

There are lots of ways technology can help you pay attention.

Try an audiobook instead of reading a hardcover or paperback book!

Watching DVDs about science or history can be a great and fun way to learn!

Sit in the front of the class.

Sitting in the front can help you focus since your teacher is right in front of you.

This might also help you ask and answer questions more often!

By sitting in the front, there will be less to distract you.