

## Attention building sessions

### Stage 1: 'The Bucket' - shared attention

<b>Resources:</b> <ul style="list-style-type: none"><li>- An initially exciting toy to gain attention</li><li>- Masking tape</li><li>- Bucket with motivating toys</li><li>- Whiteboard</li><li>- Whiteboard pen</li></ul>	<b>Tips for supporting adults:</b> <ul style="list-style-type: none"><li>- Be a model for the child. Sit within the circle next to the children</li><li>- Appear fascinated in the activity. Keep speech to a minimum and use non-verbal cues to redirect children's attention and participation</li></ul>
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### Set up

- Children to be sat 2m from lead adult in semi-circle
- Boundaries on the floor to be marked out with tape
- Bucket containing motivating toys (changed each week to keep anticipation)

### Session

- Using a whiteboard, draw a bucket and write 'bucket time'. If moving on from stage 1, draw first activity (bucket time) and next activity. Write in lower case. Do this so that the board is facing the children to get their attention
- Lead adult to then get the bucket out and say 'This is 'Claire's' bucket'
- Sing to the tune of Here we go round the Mulberry bush 'I've got something in my bucket, in my bucket, in my bucket. I've got something in my bucket, what could it be?'
- Exaggerate taking the lid off and looking in. Looking at the children and back to the bucket, building anticipation.
- Choose a toy and find the contents fascinating. Do not let children touch/play with the toys. Support staff to support with this.
- Bring the toy out dramatically and let the children enjoy.
- Put the lid on the bucket and say bucket has finished. Get whiteboard and cross off drawing. If moving on from stage one, say 'next is...'

## **Stage 2: Attention Builder activities**

The aim of this stage is to build the length of time the child can give attention to an adult led activity. These activities need to engage the child's attention and often quite messy!

- Start the session with stage 1
- Once bucket is finished, get whiteboard and cross off drawing. Say 'now it's...'
- Once attention builder is finished, get whiteboard and cross off drawing. Say 'now it's...'

### **Activity ideas**

**Glitter Tea cups** – Shaving foam cakes, spray food colour, pebble on top for cherry and SPLAT!

**Sand storm** – Have a bucket or container with coloured sand in and let it pour into a container.

**Foam Squish** – Have a large ziplock bag and spray in shaving foam. Then add different colour paint and mix them together between your hands.

**Space Splat** – Pour water into shot glasses and add some food colouring. Dip cotton wool into the water and throw them onto white paper!

**Growing flowers** – Place a flower pot down on its side and then get some green paint and squeeze it to make the flower stem grow! Then at the top place a fake flower or some tissue tied to make a flower!

**Stacking Cups** – Use the paper cups and stack them up counting out to 10 and then say 'ready steady GO' and knock them down!

**Bubble Sock** Have a bottle ready made with the end cut off, attach a j-cloth to the cut end with an elastic band then dip this part into soapy water and blow through the top of the bottle to make the bubbles come out!

**Tapioca tumble-** Slowly fill a long clear plastic tube with rice/any dried beans or peas or lentils etc. Use a small plastic shot glass to fill it up. When full, slowly tip into large black tray from a height. Variations: putting things in tray e.g. xylophone, crumpled parchment, drum, biscuit tins etc.

**Lemonade Fountain** - Large black tray. Open lemonade bottle and pour some food colouring inside-watch it swirl down. Pour in another colour and watch them mix. Put the lid back on firmly, shake well. Count 1..2...3...and open it- "Lemonade fountain!"

**Spring Showers** - Spread shower curtain on floor. Pour water into two clear bottles, add blue and green food colouring to each, and pour each one into watering can and water all over the shower curtain, ("It's RAINING"! ). Leaves cut from tissue paper- throw them up in the air ("Spring Showers!")

**Singing in the Rain-** shower curtain on floor. Pour water in bottle, add blue food colouring, pour into watering can. Pour watering can of water over umbrella while singing "singing in the rain".

**Moving Blobs-** half fill a large (2l) clear bottle with water. Fill almost to the top with oil (use funnel). Let them separate. Add drops of food colouring and let them sink through the oil to mix with the water. Add pieces of Alka-Seltzer to start the coloured blobs moving through the oil.

**Wacky races** – Have 3 different coloured paints and three wind-up toys on some black paper. Put a blob of paint for each toy and let the toy go through the paint and see who goes the furthest!

**Make a face** Put ribbons down on the paper and make the shape of the face, throw feathers on to make some hair, rip and scrunch green/blue/brown paper for 2 eyes, scrunch red paper for the nose, put red ribbon for a mouth and make a happy face!

**Car splat** Squirt paint onto a large piece of paper and then roll the car through the paint and say 'brrrrr' or 'zoom'!

**Squirty butterfly** Add paint to a cup, add water and mix it. Put a syringe in each paint pot and suck up the paint in the air and say the colour. Squirt the paint slowly into a butterfly shape, switch colour and add some patten. Fold the paper in half and reveal the butterfly say 'Butterfly!!'

**Feather race** Lay out black material/paper. Make a start line out of glitter. Line up the feathers and say 'On your marks, get set, GO!' Blow the feathers through a straw to the finish line and celebrate!

## **Stage 3: Turn taking**

This is something that encourages the children to take turns, only choose 2 or 3 children to participate each time. The adult leader demonstrates a simple activity, often modelled with another adult in the group. Some children are then invited to have a turn but only if they are comfortable to do so. Adults supporting must support lead adult. Children must wait their turn.

### **Activity ideas**

**Pull along** – Have the body board on a string/rope and pull the children to ‘This is the way we pull ..... pull..... pull....., this is the way we pull .... PULL PULL PULL’

**Foam Splat!** Spray shaving foam on black paper and pour some glitter on each pile and then get the children to splat.

**Welly Walk** – Have a tray of paint and the children can put on some wellies and stamp on white paper in them.

**Colour Flick** – Put some food colouring and water into some shot glasses on a shower curtain or white paper. The invite the children to come up and flick the paint over!

**Egg Splat** Spray 3 piles of shaving foam onto a shower curtain and put yellow paint on top then drop the spoon from a height as you sing ‘Izu is going to splat the egg, splat the egg, splat the egg, Izu is going to splat the egg, Splat, splat, splat!’

**Bouncy Balls!** Have a tray with white paper at the bottom of it. The have 3 different colour paints. Dip a ball into the paint and let it drop into the tray. Watch it bounce and make a pattern!

**It’s raining, it pouring!** Have the child sit underneath the umbrella in the middle and sing it’s raining, It’s pouring and spray with water

**Bowling** Set out the bowling pins and have three balls, you do the first one and only knock one down. Then give two other children a turn and see who can knock them all down!

**It’s a windy day!** Have the child come and sit in the middle on the chair and give them the ribbons. Sing ‘It’s a windy day, it’s a windy day, don’t get blown away, it’s a windy day!’ to the tune of Farmer’s in his Den.

**Bubble Wrap** Sing We’re hopping on the bubble wrap, the bubble wrap, the bubble wrap, we’re hopping on the bubble wrap, pop pop pop! Each child can have a turn hopping on bubble wrap and hear it pop!

**Hi 5** Have 3 piles of shaving foam on black paper and give the child a fly swat then invite them to come up and hi 5 the pile of foam!

**Paw prints!** Cut out three laminated paw prints then lay one down as each child’s turn and give them the flour and sieve to pour over the paw then pick it up and see the paw print!

**Snowy hand** Invite the child to put their hand on the black paper in front of you and put flour in a cup and shake from a good height. Sing ‘It’s snowing on your hand, snowing on your hand, snow, snow, snow, it’s snowing on your hand’.

**Spinning queen** The child sits on a chair (throne) and place a crown on top of their head. Sing ‘Happy Birthday to the Queen, Happy Birthday to the Queen .... Let’s go for a spin. Then spin the child around on the chair.

**Fireworks** Unpack the ribbons and the adult is to model wafting the ribbons up and down saying ‘whoosh whoosh, fizz fizz!’ Then invite the child to come and have a go, make the noises for the child and get them to lift the ribbons up and down.

## Stage 4: Shifting and Re-engaging Attention

This stage aims to develop the skill of engaging and shifting attention. The lead adult demonstrates a simple creative task and then gives each child an individual kit to copy the task. The children take their activity to a table and complete the task independently and everyone returns to the group to show their completed tasks.

### Stage 4 activities

