



Resources to Assist Children with Attention and Organization

Websites/Articles:



[Executive Functioning Strategies for Your Child](#)

This website includes specific executive functioning strategies and tools to make life easier for you and your child.

[Enhancing and Practicing Executive Function Skills](#)

This PDF article focuses on enhancing and practicing executive functioning skills for all ages

[Exercises to Strengthen Attention](#)

This article provides four exercises that can be done to strengthen attention and reduce distractibility.

[How to Help Your Child Focus in School \(and Home\)](#)

This website contains numerous tips to help your child focus his/her mind.

Tips/Strategies:



The Importance of Routines for Teens

Adapted from: <https://www.learningpotential.gov.au/routines-and-teens-how-you-can-help>

Some teens like and need routine more than others, but in general, having an organized and predictable routine can have the following benefits:

- Routines at home can help teens to feel safe and secure, and can provide stability during a time of change.
- Routines that include time for fun or spending time together can strengthen your relationship with your teen.
- Having a regular bedtime can help set your teenager's body clock so their body 'knows' when it's time to sleep. Having the teen unplug from electronics at night is crucial to good sleep. A great idea is to have charging stations in a central area.
- Having an important job to do in their daily routine (such as feeding and walking the dog) can help teenagers to develop a sense of responsibility.
- Routines can help teenagers to develop basic work skills and time management.

Here are some tips to keep a routine:

- Set a daily schedule with the same wake-up times and bedtimes for each school day—and stick to them.
- Have the teen list all the routines. Some might be morning routine, study routine. Develop the steps or tools the teen will need to stick to the routine and write them out. For example:
 - Morning Routine
 - Out of bed at sound of alarm.
 - Hygiene: Shower, Put on Deodorant, Teeth Brushed
 - Make bed
 - Breakfast
 - Time to Complete School Work

Have the teen make a visual with emoji's or pictures.

- Make it visual—draw up a chart, keep a day planner on the fridge, record the routine on your teen's phone or computer.
- Make study time part of your teenager's daily routine, with more time allocated for study when assignments or exams are coming up.
- Factor in time off—knowing there's a reward for all that hard work is a great motivator.
- Include your teenager's deadlines for school assignments and exams on your calendar or planner so they can see what is coming up.
- Practice, practice, practice. It might sound obvious, but the only way to make a routine stick is to be routine about it! This means your teen will need to be prompted, not nagged.
- Don't worry if you miss a beat. No one's perfect. If the day does not go to plan, just smile, stay positive and start again the next day.

Additional Resources for Routines

[Daily Schedules for Teenagers](#)

[How to Develop a Morning Routines](#)

Strategies for Work Time

Help your student focus and stay motivated. Remind your student to keep working and to focus on the assigned task. At home, let him choose what assignment he will do first. Use free reinforcers to motivate. For example, “If you sit down and finish this assignment without complaining, you can choose what we have for dinner this weekend.”

Written directions. After giving oral instructions, provide follow-up directions in writing. For example, write the page number for an assignment on a sticky note and remind the child to reference the sticky note if he or she forgets the assignment.

Divide work into smaller units. Break down assignments into smaller, less complex tasks. For example, allow students to complete five math problems before presenting them with the remaining five problems. This can also be done with reading. For example, ask him to read one paragraph or page and summarize it before moving on to the next.

Highlight key points. Highlight key words in the instructions on worksheets to help the student focus on the directions. Prepare the worksheet before the lesson begins, or underline key words as you and the child read the directions together. When reading, show him how to identify and highlight a key sentence, or have him write it on a separate piece of paper, before asking for a summary of the entire book. In math, show him how to underline the important facts and operations; in "Mary has two apples, and John has three," underline "two," "and," and "three."

Movement activities. Combine movement activities with spelling lessons (e.g., jump rope while spelling words out loud). This can be especially applicable at home when she needs to study for a spelling test.

Checklist of frequent mistakes. Provide your student with a checklist of mistakes that she frequently makes in written assignments (e.g., punctuation or capitalization errors), mathematics (e.g., addition or subtraction errors), or other academic subjects. Teach her how to use this list when proofreading her work at home and school.

Podcasts/Videos:



[Ted Talk with Sabine Doebel](#)

With highlights from her research on child development, this TED Talk by cognitive scientist Sabine Doebel explores the factors that affect focus, impulse control, and other executive functions -- and how you can use executive functioning to break bad habits and achieve your goals.

[Podcast by Ann Dolin, M.Ed.](#)

Tune in to this podcast by Ann Dolin, M.Ed., who helps parents to manage their child's academics during the coronavirus pandemic. Specific considerations are discussed for students with ADHD.



Apps/Books:

[17 Apps to Help Kids Stay Focused](#)

Instead of distraction, we can use devices to work for us and help us get things done. This website includes 17 apps to help kids stay focused.

[Movement Apps, Games, and Websites](#)

These active apps will have your child to put down the controller and pick up the pace.

[Top Time-Management Apps](#)

This website includes apps to help kids (and parents) struggling to stay on time. It includes simple timers for younger children and complex productivity tools for older kids.

[8 Meditation Apps for Kids](#)

Follow the link above to learn about some meditation apps for kids.

[Julia Cook Books](#)

Julie Cook's books help kids K-5th grade with "what to say" and the "how to say it."

Activities:



[Go Noodle](#)

Check out this website for videos of fun activities you can do with your child, everything from making butter to creating a time capsule!

[Indoor Activities for Hyperactive Kids](#)

This website includes 9 activities that can be done indoors to burn off some energy.

Fun with Bubble Wrap

Bubble wrap can inspire all kinds of activities. Some examples:

- Roll out the bubble wrap carpet and let your child walk the “runway”
- Make a hopscotch grid with squares of bubble wrap
- Or use permanent markers to write letters on the bubbles, and see how quickly your child can “pop” the alphabet
- You can even let kids paint the bubble wrap and then press paper down on top of it. When the bubbles pop, they’ll have spectacular “bubble print” paintings.

Balloon Volleyball

This version of volleyball couldn’t be any easier!

- Blow up a balloon and use a piece of tape to mark the center line or “net” on the ground.
- Balloon volleyball is a great game for two or more kids, but it can work for just one.
- If there’s nobody else around, have your child play both sides by running back and forth over the line to hit the balloon before it lands on the ground.
- Variation for tweens: If you have more than one child playing, you can add more balloons to make the game more challenging.

Hallway Hopscotch

This classic game requires very few materials.

- All you need for this active game is some free floor space, a penny to throw in the squares, and painter's tape. (It's like masking tape but easier to peel off when you're done.)
- Use the tape to make a hopscotch grid.
- Have your child make tape numerals in each box. If you're both feeling creative, you can even make the grid with circles, triangles, or diamonds instead of the traditional boxes.
- Then start hopping.

Word-Building Charades

Try this word-building activity that uses your whole body!

Your child has probably noticed that some letters reach above the middle space on lined paper, while other stay inside it and some dip below it. In this game, you translate the way letters look into body positions.

- For tall letters, you jump up; for medium-size ones, you stand in place; and for ones that drop down, you crouch.
- So for *bag*, you jump up for *b*, stand still for *a*, and you crouch for *g*.
- To start playing, write down a list of words.
- Then take turns choosing one and acting it out to see if the other person can guess what it is.

Water-Bottle Bowling

Go bowling without having to leave your home!

- With five to 10 empty plastic water bottles and a soccer ball (or another ball about the same size), you can create a home bowling alley in your hallway.
- Use tape to mark where each bottle should go.
- And if you can, pour a little sugar, salt, sand, or even unused kitty litter into each bottle so they don't tip over too easily.
- Variation for tweens: Your child might enjoy "glow bowling" in the dark! Just add a glow stick to each bottle and turn the lights out.

Indoor Snowball Fight

When it's too cold outside to have a real snowball fight, have one inside instead.

- Don't worry about having to clean up melted snow or broken lamps—you can use Nerf balls, balled-up (clean) socks, or even crumpled-up paper for your snowballs.
- Designate a safe space and decide which pieces of furniture are OK to hide behind. You can even use cardboard boxes to make forts. Then have at it!
- One note of caution: You may want to consider setting a time limit to help keep your preschooler or grade-schooler from getting overexcited.

Dance Party

Don't forget the power of music to help your child burn off some extra energy.

- Put together a playlist of music your whole family can enjoy.
- Then challenge *everyone* to dance, dance, dance!
- Younger children might enjoy dancing with props, like scarves.
- Variation for tweens: Play a game of Freeze Dance. When the music stops, everybody has to freeze in their current dance pose. If you move, you're out.