

Attention issues during online lessons

Tips for helping pupils who struggle to sustain attention online. Good for all.



1) **Headphones** - advise kids to wear the big headphones - not ear pods. These not only cancel noise, but they give a sensory input by pressing on the ears. They also ground the child through the cord; it is an illusion but it sends a message



2) Remind children to have something to **fiddle** with - a pen, a soft toy, something that they like the feel of.



3) Have they got a **comfy, sensory seat**, or a cushion that feels cosy? Most children with any attention issues, diagnosed or not, will benefit from a bobble seat and/or a wobbly pad for their feet under the desk.



4) Create **stand up and stretch** moments



5) Ask if they have a **water** flask nearby



6) **Show a clock** so they can see time pass.

Give them timed activities and show a clock on your screen - they need to know how long they have to listen or to write and when it will end!

<https://www.online-stopwatch.com/> or

<https://chrome.google.com/webstore/detail/google-meet-timer/dpdgibnanmmlkideilnfpfjjdbmneanf?hl=en>