

Sustained Attention - February 26

SLIDE 1: Introduction Slide

SAY: "Today we will revisit sustained attention."

SLIDE 2: Definition of Sustained Attention

Invite students to silently read the definition of sustained attention on Slide 2. Next, ask a volunteer to read it out loud.

SAY: "This isn't the first time we've talked about sustained attention. We first learned about it before Thanksgiving break. Do you remember the lesson? What were some activities that we used to practice our sustained attention during that lesson?"

Wait for student responses and call on volunteers. Remind them of the listening practice activity (students had to clap or stand when they heard the name of an animal) and the turkey drawing video.

SLIDE 3: What Activities Require Sustained Attention?

SAY: "What are some activities that require sustained attention?" *Wait for student responses and call on volunteers. Give your own examples if necessary, then show slide 4.*

SLIDE 4: Examples of Activities

Invite students to read silently read the list of activities, then ask for a volunteer to read it aloud.

SLIDE 5: The Research

SAY: "We're going to watch a video that gives a little background on the research behind sustained attention. There are also some activities in the video that will require your sustained attention. Do your best to follow along." *Play the video.*

SLIDES 6-8: Listening Practice Activities

SAY: "Now we're going to try another activity to practice your sustained attention. This is just like the activity we did before Thanksgiving break."

READ the directions on Slide 6. Then read the following list of words out loud to students:

Break beak bent boat bark bow

Beak boot beak beat bleat boat

Coat cat bat beak boot hoot howl

Break steak beat meat moat boat bark

Bunk flunk bunk gunk trunk beak beet

READ the directions on Slide 7. Repeat the list of words. **READ** the directions on Slide 8. Repeat the list of words.

SLIDE 9: Final Attention Test

SAY: "We are going to do one final attention test. Watch the video and do your best to follow along, maintaining your attention the entire time." *After the video, ask students to reflect on how they did. Did they count the red cards? Did they notice the changes in the background?*

SLIDE 10: Improvements

SAY: "We can make improvements and changes to our daily habits in order to improve our sustained attention. What are some ways you think we can improve our sustained attention?" *Ask for volunteers and give your own examples if necessary.*

SLIDE 11: Ways to Improve Sustained Attention

Invite students to read the list silently. Then, ask for a volunteer to read it out loud.

SAY: "Which of these strategies do you already use? What strategy or change will you commit to trying over the next few weeks?" *Ask for volunteers to share out loud if they are willing.*

Click [here](#) to leave feedback.

