



## TOP TEN TIPS TO

# HELP MY ATTENTION & LISTENING



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Barnet Early Years SEND Advisory Team is committed to supporting early year's settings to move to more inclusive environments for children with a variety of special educational needs and disabilities. This Document has been produced by Barnet Early Years SEND Advisory Team

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## **Top Ten Tips to help my attention and listening**

### **1. Reduce distractions**

Reduce distractions around me such as background noise/visual distractions.

### **2. Ensure you have my attention**

Ensure you have my attention e.g. use my name/get down to my level so I can see your face/gain eye contact (if this helps me)/gently touch my arm or face (if this helps me).

### **3. Play listening games**

Play listening games e.g. Simon Says, listening lotto, games with musical instruments and listening walks.

### **4. Play games that involve anticipation**

Play games that involve anticipation e.g. Pop-Up-Pirate or "Ready, steady.....go!" games.

### **5. Use my interests**

Use my interests and allow me time to pursue these; include my interests when planning activities and the environment.

### **6. Follow my lead**

Follow my lead in play and join in with me to extend my attention and concentration gradually.

### **7. Use highly motivating visuals**

Use highly motivating visuals and other supports to gain my attention and promote listening e.g. facial expressions, photos, bubbles, puppets, story props, a favourite toy, actions/signs and animal noises.

### **8. Make special time to share books**

Make special time to share books with me and make stories interactive e.g. lift the flap books or story sacks.

### **9. Consider the size of groups and my positioning**

When planning, carefully consider the size of groups and my position e.g. where I sit and if I am near to good role models. Having something to hold might also help me.

### **10. Be clear and specific**

Be clear and specific by saying what you do want; remind me when it is time to listen and what 'good listening' may look like. Praise my good listening.

**Make learning to listen fun!**