



Attention Strategies with Pictograms

Below is a series of pictograms. Each is associated with a concrete strategy to help with children's attention / concentration, along with suggested exercises to stimulate the proposed strategy. These pictograms can be copied and posted in strategic areas, such as on the fridge or on the child's desk.






Eyeglasses



Explanation of the pictogram

The eyeglasses mean that you have to look carefully at the person speaking to you and pay attention to the things you see.

Sample exercises to improve this aspect:

-  Book: *Where's Waldo?*
-  Cross out all the A's in a text.
-  Spot the differences between two pictures.
-  In the morning, hide one or more objects in front of the child, then at bedtime ask the child to find these objects.
-  Occasionally make an obvious mistake to provoke a reaction in your child and to ask your child to explain what is wrong. Example: Give your child a fork to eat soup.

It is also important to remind children to look at the person who is talking to them or to look at the person they are talking to.



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Developed by Clinique FOCUS, under the coordination of Katia Sirois, DPsy, in collaboration with Johanne Perreault, DPsy. (Revised: August 2013)

Inspired by *Les Incroyables Attentifs*, a group dedicated to attention stimulation and management, in collaboration with France Laliberté, Marie-Andrée Lessard and Katia Sirois, IRDPQ.

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Ear



Explanation of the pictogram

The ear means that you have to listen carefully to the person speaking to you and to pay attention to the things you hear.

Sample exercises to improve this aspect:

- 👉 Play simple guessing games.
- 👉 Identify a specific sound: ask the child to close their eyes, ring a bell somewhere in the room and then ask the child to point toward the sound.
- 👉 Listen to a song that is very familiar to the child. Have the child draw a line on a sheet of paper whenever the child hears a specific word (for example, each time they hear the word “farmer” in “The Farmer in the Dell”).
- 👉 Play “Sound Bingo” (a “Kids’ Audio Game”).

Stop sign



Explanation of the pictogram

The stop sign means that you have to know the right time when to stop (e.g., stop a video game to go for dinner, stop talking when it’s not appropriate).

Sample exercises to improve this aspect:

- 👉 Game of statue: children move around when the music is playing and must stand still when you say “statue” or when the music stops.
- 👉 Game: “Simon Says.”
- 👉 While children are playing a video game or at the computer, ask them to jump (or to say something or make a gesture) each time you say their name.

It’s a good idea to decide with your child on a method telling them to stop (e.g., showing the “stop sign” pictogram, tapping your child on the shoulder, ringing a little bell, making a specific sign with your fingers or hand).



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Camera



Explanation of the pictogram

The camera means that you must visualize things in your head, recall mental images.

Sample exercises to improve this aspect:

- 👉 Visualize the different rooms in your house and then draw a plan.
- 👉 Verbally describe the physical aspects of an object or person and then have the child choose that object or person among a variety of selected objects or persons, or ask the child to make a drawing.
- 👉 Ask the child to describe how to get to a certain place.
- 👉 Board games such as “Blokus,” “Tetris,” “Labyrinth,” and chess.



Parrot

Explanation of the pictogram

The parrot means that you must repeat things in your head, use self-talk, and refer to words in your head.

Sample exercises to improve this aspect:

- 👉 Play the game “When I go on a trip, I take . . .” or “When I go to the market, I fill my basket with . . .” to have them repeat all the items previously mentioned.
- 👉 Give your child a list of things to buy before they go to the store with you. If the child forgets an item, provide a clue when you are in the right aisle (e.g., Do we need to buy carrots, celery or tomatoes?).



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