

Improving Concentration

If you are experiencing difficulty with concentration, you are not alone. Below are some tips from people who have taken steps to improve their concentration. You might want to try these suggestions to see if one or more helps you.

1. Break up tasks into smaller parts: One way to practice your concentration skills is to break tasks down into smaller parts. For instance, if you want to read a book but find your mind wandering, focus on reading one paragraph at a time rather than trying to read a whole chapter or the whole book. In time, you will find it easier to get through a paragraph without getting distracted. Then you can focus on completing two paragraphs, etc.



What task can you break down into smaller tasks to practice your concentration skills?

2. Create an environment that supports concentration: At an amusement park it can be very hard to concentrate! The situation or environment we are in affects our ability to focus. When you need to concentrate create an environment that minimizes distractions. You might want to try some of these steps:

**Plan my own quiet corner away from distractions. Use a bookcase to create a wall.
Shut a door.
Clean or organize my space.
Before focused concentration, take care of basic physical needs such as feeling hungry.
Be rested and relaxed before beginning. Get a good night's sleep.
Gather supplies before beginning. This will limit interruptions.**

3. Try the "Five More" rule: When it's hard to concentrate some of us find the "Five More" is really helpful. If you are in the middle of a task and are tempted to give up - do just FIVE MORE. Read FIVE MORE pages, finish FIVE MORE math problems, work FIVE MORE minutes, wait FIVE MORE minutes. Continuing to concentrate when your brain is tired is the key to S-T-R-E-T-C-H-I-N-G your attention span and building mental endurance.

Read this or say out loud:
When I feel like I can't concentrate anymore and I am bothered by this, I will use the "Five More" rule. This will help me focus for longer and longer and I will see that I'm being successful

4. Writing down directions: Difficulty with concentration can make it challenging to follow directions. When this happens you can ask for directions or instructions to be given one step at a time. You can also make a list of each step that is required and check things off one-by-one. This will help with concentration and focus.

- Yes, I can ask that instructions or directions be given one step at a time.
- Yes, I can make a list of each step that is required and check things off one-by-one.