



# How To Create A Focused Work Area At Home

## 1 Reduce Distractions

Our working memory can only take so much in. So you want to keep the workspace free of distractions so your child can focus on their work.



## 2 Organise the area

It can be hard to focus when it's difficult to find the equipment needed. Before starting work take a moment to ensure everything is ready and on the table.

## 3 No Phones or Music

The research is clear. Phones and music do not make revision better so get rid of them so all your focus is on the work.

If you need headphones on, e.g. your child works in a loud room, make sure the music has no lyrics.



## 4 Light the Area

It's much easier and more comfortable to work in a well-lit area. Natural light is great but if this isn't possible make sure the area is well lit with lamps.

## 5 H2 Whoa

Being hydrated just makes everything better. Better focus, better retention and less stress. Make sure the work area always has some water on hand.



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