

DOTS CONCENTRATION GAME

Use this fun game to help children and teens become more aware of how long they can stay on task as well as how often they are distracted:

- Give clients paper and markers and ask them to draw a picture of their family, a favorite pet or toy. Or ask older children and teens to make a list of their favorite songs, movies, books or people.
- Tell them that any time you notice they are not paying attention to their drawing you will draw a dot (or a heart) on their paper.
- See how long they can stay focused on the task of drawing before their mind wanders. You might use a timer and record time on task.
- Let them practice and make it fun.
- See if they can get fewer dots with practice until they can do a whole drawing without getting any dots.
- See if they can stay on task for longer periods.
- Reassure them that it is normal for their mind to wander and it's okay if they get a few dots.
- Help them avoid self-judgment.