

Learning to Stay Focused: First Grade

Learning to ignore distractions allows your child to:

- Focus his attention on a task or topic
- Listen with attention
- Better understand and be able to follow directions



Ideas to try with your child:

- Create a quiet homework area in your house. Turn off the television and video games while doing homework or chores to help your child stay focused.
- Play card games like Go Fish, Old Maid, or Uno. Instructions for 10 kid-friendly card games can be found at <http://www.todaysparent.com/family/activities/10-kid-friendly-card-games/>
- Create an obstacle course in your backyard for your child to go through. Have him jump over a hose, run around a tree, crawl under the picnic table, and race to the flowerbed. Give specific directions for each part of the obstacle course.

If your child is struggling:

- Have your child practice retelling/repeating directions to help them focus on the instructions.
- Cook something together. Following a recipe is a great way to practice following directions.
- 'Simon Says' and 'Red Light, Green Light' are fun games to practice listening and following directions.

Going further:

- 'I Spy' and '20 Questions' are games that children enjoy and require a little more focus and memory for them to win.
- See if your child can build a toy, such as a Lego construction, by following the directions independently.
- For more challenging card games: <http://www.education.com/slideshow/card-games-first-grade-math/>

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children in First Grade** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Focus on a task or topic and ignore distractions." *About Me and My Family and Culture*, First Grade, pg. 99