



Lesson Time

Your child is learning how to focus his or her attention by making an attent-o-scope. It helps shut out things that can take attention away. Focused attention helps your child learn at school and at home.

To make and use an attent-o-scope, children do the following:

- Circle their hands around their eyes
- Use their eyes, ears, and brain to stay focused
- Take away their hands but pretend they are still there

Play Time

Play a game with your child. Practice focusing attention while putting away groceries. You will need one grocery bag with four or more items in it. Review making and using an attent-o-scope.

Say: **We're going to play What's New?** Take two items out of the bag. **Use your attent-o-scope and look carefully at these two items. Now close your eyes.** Take out a new item and put it with the other three items. **Now open your eyes. Can you tell me what's new?**

Repeat the game until all items are out of the bag.

Story Time



This week's story is about Alex. Alex is focusing his attention on his teacher as he explains how to do a sponge painting. Ask your child about this story.

- **What do you see in this photo?**
- **Show me what Alex is doing to focus his attention.**
- Point to examples of how Alex is following the Listening Rules to help focus his attention.

Let's practice making an attent-o-scope to focus our attention. Practice making an attent-o-scope with your child.

