

LEARNING TO FOCUS ATTENTION

Teaching Children to Focus Attention by Playing Team Games and Doing Marital Arts

Team Games

The important features of team games is having to follow the rules. But team games also require children to follow the game – where is the ball going; work out a good strategy for getting the ball down to their goal and work with their teammates to win the game.

All of these require children to focus their attention (where is the ball) work out a strategy (I am going to kick it across the field to get it away from the other team) remember the rules.

Playing a team sport should be fun – so children get to practise all of their attention and concentration skills while also feeling happy.

There is also something very important about playing a game with focused attention in the present moment.... Mindfulness helps.

Martial Arts

Martial arts are great as well – and as these often include the practice of breathing and self control, so this is ticking a few important boxes:

- attention and focus
- self control
- practising controlled breathing