

Following exercises would help Children in improving their concentration and focus:

1. Write letter "a" on a white thick paper like mount board of visiting card size. Use bright colour like black or red and make the letter in big font. You can draw it too. Make the child sit on a chair comfortably and hold it about 16" away from his/her eyes. Keep him/her wearing the spectacles if he/she cannot see the letter. Now move the letter from side to side. Ask the child to follow the letter with his/her eyes without moving head. Watch out how many times he/she loses track of the letter. Repeat this exercise for 5- 8 times in each session 2 times a day.

2. Make the child sit in a chair and time him/her till he/she feels he/she should get up. Note this time. Now try to increase the duration to sit by asking the child to listen to a small paragraph from a story. After you finish ask to recall at least 5 words from the paragraph. You can slowly increase the number of words or ask to select long or difficult words.

3. If you have I-pad or android downloading these apps can be useful.

Lumosity for kids,

Attention Exercise by Dr. Ned Hallowell,

Eidetic: this helps to memorize some items