

# **Primary and Secondary National Strategies**

Family SEAL: Going for goals 2



# Key ideas

- We need to attend and concentrate if we are to learn;
- We need to learn good attention skills;
- Where we learn is important;
- We can't learn if we are hungry, tired or thirsty;
- We all learn in different ways and are good at different things.







**Children are used to stimulation**

# The skills of attention:



- Focus – getting started
- Sustain – keep going
- Avoid distractions
- Shift attention





We can't learn if we are tired.



We need exercise if we are to learn.



We can't learn if we are hungry.



We can't learn if we are thirsty.



Playing games help with attention skills



Sharing a book helps us to learn attention skills

# How am I clever?

Linguistic,  
Logical/mathematical

Spatial

Kinaesthetic

Musical

Naturalistic

Intra-personal

Inter-personal



# Recap on key ideas

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# Ideas to try out



- Share a book with your child every day;
- Find time to complete activities together;
- Sing 'action' rhymes together;
- Think about setting a regular bedtime.



**Tidy up time!**

# Decorate a shoe box

