

Attention skills

<https://best-practice.middletonautism.com/approaches-of-intervention/attention-autism/>

Attention skills aims to build sustained attention and focus.

In stage 1 the idea is to pull 3 items (could be more) out of the bucket one at a time. They could be wind-up toys, toys that make noises, flashing toys, a bouncy ball, an elastic band to ping, blowing up a balloon and then letting go etc. You sing a song and tap the 'bucket' (use what you can, shoebox, big pan with a lid, empty bin, bag etc.) I sing "what have I got in my bucket today, bucket today, bucket today, what have I got in my bucket today, let's have a look". Open the lid and sound and pretend to be excited, slowly pull the item out. If it was a balloon for example I would say "Red Balloon... blow it up". Then over-exaggerate each breath as I blow it up. Then hold the balloon above my head and say "ready... steady..." and then wait for the child to say "go" (depending who your child is of course) let go of the balloon. Go and get the balloon and ask "more?" and then repeat. After a few times put the balloon back in the bucket and repeat with next item- "what have I got in my bucket today" etc. Only the adult should touch the items, the child is it watch. All the children in Red class know this and are well-trained not to touch. Say "the bucket has finished it's time for 2... looking"

In stage 2 the idea is for there to be an exciting activity for them to watch. See videos and "bucket time ideas" attachment for ideas of what to do. Say "looking has finished, it's time for your turn".

Stage 3 is turn taking with an interesting object/toy/activity. Adults turn first after modelling and then it's each child's turn. Obviously at your house it will be just them unless their siblings join in and they have to wait for their turn. "my turn", "Daddies turn", "your turn" etc.

We don't often do **stage 4** in Red class. Complete some type of simple activity and then give your child the resources just used to see if they can recreate what you have done independently.

<https://www.youtube.com/watch?v=NMEhkD0W5Z8>

<https://www.youtube.com/watch?v=m2RiYnluVXY>