
Attention Games

101 Fun, Easy Games That
Help Kids Learn to Focus

BARBARA SHER

ILLUSTRATIONS BY
RALPH BUTLER

 **JOSSEY-BASS**
A Wiley Imprint
www.josseybass.com

See what kind of paper helps children write>>

See what kind of paper helps children write>>

Attention Games

See what kind of paper helps children write>>

See what kind of paper helps children write>>

Attention Games

101 Fun, Easy Games That
Help Kids Learn to Focus

BARBARA SHER

ILLUSTRATIONS BY
RALPH BUTLER

 **JOSSEY-BASS**
A Wiley Imprint
www.josseybass.com

See what kind of paper helps children write>>

Copyright © 2006 by Barbara Sher. All rights reserved.
Illustrations copyright © 2006 by Ralph Butler. All rights reserved.

Published by Jossey-Bass
A Wiley Imprint
989 Market Street, San Francisco, CA 94103-1741 www.josseybass.com

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, Inc., 222 Rosewood Drive, Danvers, MA 01923, 978-750-8400, fax 978-646-8600, or on the Web at www.copyright.com. Requests to the publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, 201-748-6011, fax 201-748-6008, or online at <http://www.wiley.com/go/permissions>.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

Jossey-Bass books and products are available through most bookstores. To contact Jossey-Bass directly call our Customer Care Department within the U.S. at 800-956-7739, outside the U.S. at 317-572-3986, or fax 317-572-4002.

Jossey-Bass also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Cataloging-in-Publication Data

Sher, Barbara.

Attention games : 101 fun, easy games that help kids learn to focus / Barbara Sher ; illustration by Ralph Butler.— 1st ed.

p. cm.

Includes index.

ISBN-13: 978-0-471-73654-7 (alk. paper)

ISBN-10: 0-471-73654-6 (alk. paper)

1. Educational games. 2. Attention in children. I. Title: 101 fun, easy games that help kids learn to focus. II. Title: One hundred and one fun, easy games that help kids learn to focus. III. Title.

LB1029.G3S538 2006

371.33'7—dc22

2006008090

Printed in the United States of America
FIRST EDITION

PB Printing 10 9 8 7 6 5 4 3 2 1

See what kind of paper helps children write>>

This book is dedicated to all the unique children I have had the joy
and honor of working and playing with.

See what kind of paper helps children write>>

See what kind of paper helps children write>>

Acknowledgments - - - - -

To make a book, an author needs a publisher, editors, an artist, and a production crew. For this I have my very able editor, Kate Bradford; her competent assistant, Connie Santisteban; a creative illustrator, Ralph Butler; and a production crew headed up by the very capable Justin Frahm. I'm grateful for them all.

To come up with ideas for the text, an author needs inspirational coworkers and friends who are equally interested in the world of children. For this I have the "Dream Team" at the Special Education/Early Childhood Program in the Northern Mariana Islands of Saipan—namely, Dora Palacios-Won, Mark and Patty Staal, Jerry Diaz, Fidelia Ruben, Tracy Nance, Mercy Tisa, Ataur Rahman, Judy Hawkins, Yollanda Lelly, and Rita Olopai. I appreciate and adore them all.

To take pleasure in the writing process, an author needs loving support from friends and family. For this I have many wonderful people: Marissa and Mark SherKenney; Roxanne Sher-Skelton, Ehren Olson; Anna Sher; Fran Simon; Trisha and David Ferlic; Shirley Sher; Don Cohen; Monty Sher; Glo Harris; Bonnie, Jenna, Marc, Jacob, and Leslie Wilson; Maxwell, Griffin, Jessica, and Stewart Evans; Jenny Slack; Nolan and Manny Mariano; Rita Bonnici; Susan Book; Jill Derickson; Ericka Frink; and all my precious Humboldt County buddies. I love them all back.

But to make my book have heart, this author needed children to field test the games. My deep appreciation goes to all the children I play with every day in my work, especially the ones who show me that there really is something special about being "special." Thank you for teaching me that humans come in many flavors. And they are all good.

See what kind of paper helps children write>>

Contents



Introduction 1

How to Contact the Author 5



PART ONE

Games for Infants 7

Follow My Face 9

Stick Out Your Tongue 11

The Glory of Hands 13

Sock on a Bottle 14

Perfect Rattles 15

First Exercises 17

Visually Amused 21

A Light Touch 22

Can You Hear What I Hear? 24

A Very Merry Unbirthday 26

Pokey Pudding Hole 27

Dangling Toys 28

Bat the Ball 31

High Chair Fling 32

Ice Cube on a Tray 34

If It Doesn't Hurt—It's a Toy 35

A Spotlight in the Dark 37

What's out There? 39

Where'd It Go? 41

See what kind of paper helps children write>>

— — — —
PART TWO

Games for 1- to 3-Year-Olds 45

Bracelet of Leaves	47
The Enchantment of Water	48
Follow the Floating Feather	49
The Knocking Game	50
Ping-Pong Balls and Coffee Cans	51
Surprise Me	53
The Feely Game	54
What Is That Sound?	55
From Beginning to End	57
Being a Radio	59
Catch a Falling Scarf	60
Instant Picture	61
You've Got Mail	62
Kaleidoscope	63
Magnet Hunt	64
Put a Lid on It	66
Ooh—Smell This!	67
What's in the Sock?	69

— — — —
PART THREE

Games for 3- to 6-Year-Olds 71

My Story Is the Best Story	73
Another Viewpoint	74
Art de Deux	76
Batting Practice	77
The Happening Book	78
Lessons from the Rocks	80
Mismatched Tea Party	81
Plenty Peanut Hunt	84
Regroup Time	85

See what kind of paper helps children write>>

Shadow Games	87
Deck of Cards	88
Hand on Top	89
How Many?	90
Indoor Picture Hunt	91
Mexican Yo-Yo	92
Mini-Montessori	94
Going on a Monster Hunt	97
Paint the World	99
The Perfect Gifts	100
Sounds Right	104
Word Matching	105

— — — —
PART FOUR

Games for 6- to 12-Year-Olds 109

All the Things You Can Think Of	111
Back Writing	112
Belly Counts	113
Expanding Interest	114
Focused Fidgeting	116
Guess How Old	117
How Do You Look?	119
Junk Box Art	120
Name the Sounds	121
Navigator	122
Police Report	123
Ring of String	125
Shelf Paper Story	126
Thinking Box	127
I'm the Teacher	129
My Mind Is a TV Screen	130
Paper Plethora	132

See what kind of paper helps children write>>

	Potato Puppets	133
	Sensory Matching	135
	Tile Painting	137
	Backwards Time Management	138
	Toe Stepping	140
	Toothpick Art	141
	~~~~~	
PART FIVE	<b>Games for Teens</b>	<b>143</b>
	Accentuate the Positive	145
	Achy Breaky Heart	146
	Annoyed with the Flower Bud	147
	Five Good Moments	149
	Getting the Priorities	150
	My Special Things	152
	I'm Like That Sometimes	153
	Imagine That!	155
	Send Joy to Bulgaria	156
	Life Is a Movie, and You Are the Star!	158
	List Your Options	160
	Name the Consequences	162
	Postcard Diaries	164
	Scriptwriter	165
	Self-Portraits	166
	Ten Breaths	167
	The Home Videographer	169
	Waiter, Take My Order	170
	Flip-Flop Stamps	172
	Word Puzzles	173
	<b>Index</b>	<b>175</b>

See what kind of paper helps children write>>

-----

# Attention Games

-----

See what kind of paper helps children write>>

See what kind of paper helps children write>>



# Introduction



If you want to focus children's attention, you first have to capture their interest. In this book, I'll show you how to get children's attention with fun and interesting games and how to help them expand their powers of attention in ways that will benefit them throughout their lives.

Everyone is paying attention to something. What that something is and how long the attention is captured are the variables.

There are two forms of attention. One is open and global; you light on many different aspects of your surroundings for short periods of time. Open attention gives you an overall impression of your environment. Think of being at a party. You become aware of the general feel of the party by noticing people's body language as well as different sounds, smells, and sights. Your attention focuses on many things fleetingly to give you a holistic sense of what is happening. Or think of riding a bike. When you ride a bike, you can attend to steering, pedaling, and the traffic around you while also enjoying the feeling of the breeze blowing through your hair.

The second form of attention is more focused; you concentrate on one thing for long periods. Focused attention requires active filtering of excess information, and you notice details in sequences rather than all at once. Whereas global attention is like an overhead light, focused attention is like a flashlight with a narrow beam. This is the kind of attention required to do things like follow instructions, write an article, or do a crossword puzzle.

Everyone needs both of these types of attention. Open attention gives us a lot of information quickly and encourages creativity by causing us to notice connections and make new patterns. This creative trail helps us find new ways of seeing old things. At the same time, though, nothing can be accomplished without the absorbed, one-step-at-a-time perseverance of focused attention.

See what kind of paper helps children write>>

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

