Training attention length

This worksheet is optional. If you'd rather do the check out loud with your child, that works just as well.

Name _____ **Date** _____

Part 1: Set up the practice

The real job my child starts but drifts away from:

_____

How long my child stayed with it on one or two ordinary tries:

Try 1: _____ minutes Try 2: _____ minutes

My child's starting stretch, the shorter of the two times: _____ minutes

Part 2: The words to say

Before the stretch, I will say:

"We will stay with this until the timer ends, and then we will check."

During the stretch, I can give one short reminder, like "**Back to the job.**" One reminder still counts as yes, and two or more count as almost.

When the timer ends, I will ask:

"Did you stay with the job for your whole stretch?"

If we both say yes, I will say, "Next time we can add a little time," and add one or two minutes. Only yes adds time. After almost or not yet, I will keep the same stretch. If the job is done before the timer, I will count it as a yes, and next time I will pick a slightly bigger job.

If the stretch falls apart, I will make it shorter once. If it still doesn't work, I will say, "That's okay. We'll try again tomorrow." The next day, I will start at the shorter stretch and add time back from there after a good check.

OPTIONAL

Name _____ Date _____

Part 3: Track the check

Each day you practice, write the stretch, then ask the check question right after the stretch, or later once everyone is calm. Circle your child's answer, then circle what you saw.

Day 1. Stretch: _____ minutes

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 2. Stretch: _____ minutes

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 3. Stretch: _____ minutes

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 4. Stretch: _____ minutes

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 5. Stretch: _____ minutes

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

When your child's answer matches yours for three practice days in a row, your child starts checking on their own, and you look in now and then. If you both mark almost, that counts as a match. Three days in a row is a choice this course makes. A day with no try is skipped, not counted. Only a day when your answers don't match starts the count over.

Remember
A finished week is the video plus one real practice. Repeating a week is normal.

This week's note