

Attention & Listening Games for Home



Listening to Silence

What you will need: Nothing!



How to play:

- Sit quietly for a minute listening to the silence with your child
- Then ask your child to whisper anything they could hear, e.g. breathing, an airplane, a ticking clock etc.
- Vary the places you listen to the 'silence' – sit in the garden to hear the birds and the wind, sit in the kitchen to hear the appliances, sit by an open window to hear the street sounds
- If your child has short attention, build up the amount of time they need to listen for gradually

Simon Says!

What you will need: Nothing!

How to play:

- Tell your child when you say 'Simon says...' they must do an action
- This can be really silly! 'Simon says flap your arms like a chicken!'
- You can give your child a point for every action they get right
- They might lose a point if they do an action when you don't say 'Simon says' first!
- If your child is struggling to listen to the 'Simon says', emphasise these words and say them slowly with expression!



Musical Bumps/'Freeze'!

What you will need: Music that you can start and stop

How to play:

- Invite your child to a funky disco with their favourite music!
- Tell your child that they need to listen and when the music stops they sit down and 'bump' onto the floor as quickly as they can
- If they are struggling to listen when the music stops, give them a visual prompt! Hold your hand to your ear and mime listening
- You can also tell your child to freeze like a statue when the music stops!



Ready, Steady, Go!



What you will need: Yourself, cars, balls, marbles etc.

How to play:

- Tell your child to put a marble down a marble run, build a tower and knock it down, post an object in a box, kick or throw a ball etc. when you say 'ready, steady ... go!'
- You can also do actions at 'go' such as jumping up and down or running a race!
- To help your child wait for go hold your hand out in a stop position, dropping it for go
- To make this game harder, you can vary the length of time between each 'go', whisper 'go' or hide your mouth behind your hand
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Build a Beat!



What you will need: anything you can make a noise with! A drum and sticks, a pan, a cushion and chop sticks, a shaker, jar of rice..... or even tapping your own body!

How to play:

- Tap out a simple beat on your 'drum' or shaker
- Encourage your child to copy you (e.g. bang, bang, bang)
- You can change your beats, sounding out short beats, long beats, quiet beats and loud beats!
- Build up the amount of beats your child can listen to and copy

Story Time

What you will need: one of your child's favourite books

How to play:

- Read a familiar story or rhyme to your child. Leave out a word and see if they can fill it in, e.g. "Humpty Dumpty sat on a"
- You can replace a familiar word with a silly one and see if your child can recognise it, e.g. 'Humpty Dumpty sat on a horse'
- Read a story and when your child hears a character's name they can hold up a picture or puppet.