

Attention and Listening // Age 14+

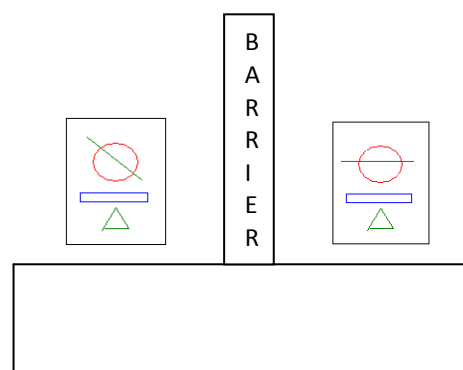
Real situations

Young people may feel that they are too old for specific activities to target attention and listening but you can make good use of real situations e.g. asking them to take messages.

Discuss with your teenager the 'self-help' strategies they can use to support their attention and listening, and encourage them to put these strategies into practise.

Barrier Games

To play this game, work in pairs back-to-back or with a screen in between you. One person draws a picture or collection of shapes and explains how to draw this to their partner. At the end compare pictures to see how successful they were. This is a good activity for practising repair strategies – encourage the young person to ask for information to be repeated or clarify what has been said.



Missing information

Give the young person an instruction but deliberately miss out a key piece of information. They must identify what is missing and ask for it specifically, e.g. meet me at the library tomorrow (do not give the time)

Ask, Listen, Check technique

This technique prompts young people to listen closely to conversations, and provides a structure for continuing the conversation. One person asks a question and listens to the answer. They then ask a further question to clarify the answer/seek more information
 e.g. 'Have you been on holiday this year?'
 'Yes, I went to Italy'
 'Had you been there before?'