



SCAFFOLDING STUDENTS SERIES

Concentration

Answer Key

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Learning Outcomes

- To understand what is **concentration** and recognise the need for it
- Ways to **improve concentration** among young students
- Develop healthy habits for concentration **while studying**

What is Concentration?

- Power or action of focusing on one thing with full attention
- **Similar to attentiveness**
- Ability to direct attention in accordance with ones will.



ACTIVITY 1 – VIDEO WATCHING

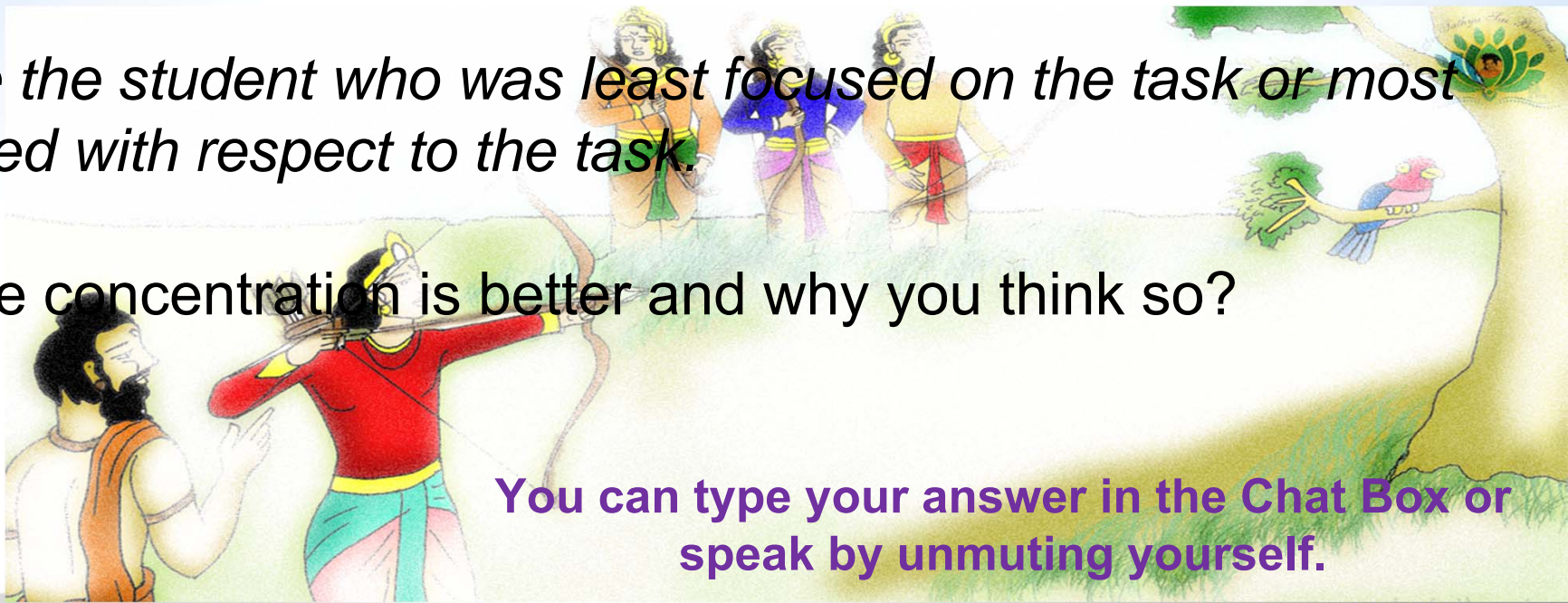


In English: <https://www.youtube.com/watch?v=HDr1D54vs98>

In Hindi: https://www.youtube.com/watch?v=qkU_hsY4ExY

Let's check our concentration!

1. *List down 5 main characters in the video.*
2. *Name the student who was most focused on the task.*
3. *Name the student who was least focused on the task or most diverted with respect to the task.*
4. *Whose concentration is better and why you think so?*

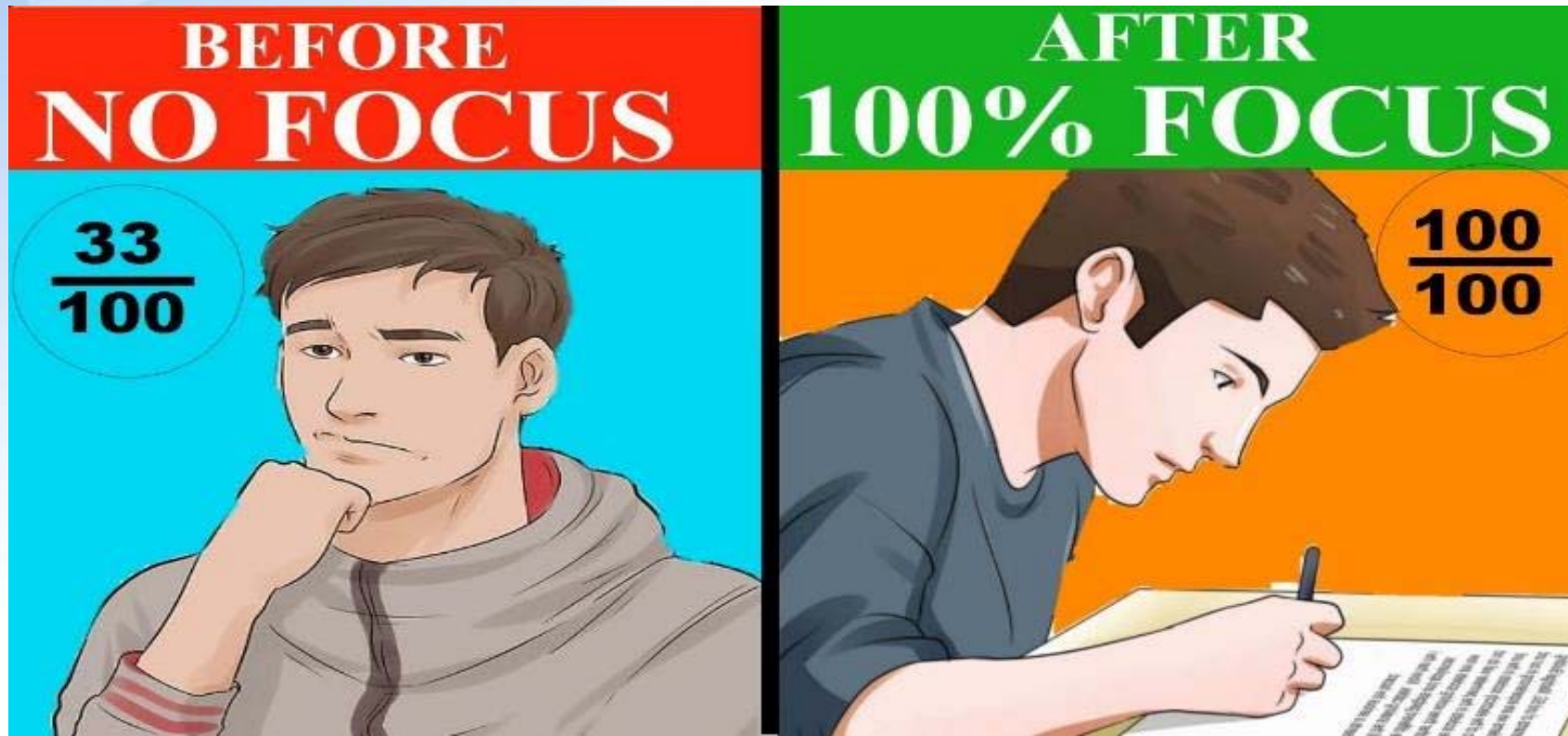


You can type your answer in the Chat Box or speak by unmuting yourself.

Need of CONCENTRATION for students



Concentration is all about being fully aware of what you are doing....



Lack of concentration leads to poor results!

Average Concentration Span for Students by Age

Age x 2 to 5 minutes = Average Concentration Span



AGE	AVERAGE CONCENTRATION SPAN
4	8 – 20 MINUTES
5	10 – 25 MINUTES
6	12 – 30 MINUTES
7	14 – 35 MINUTES
8	16 – 40 MINUTES
9	18 – 45 MINUTES
10	20 – 50 MINUTES
11	22 – 55 MINUTES
12	24 – 60 MINUTES

Healthy Habits to Improve Concentration among Students

- **Playing games and mind exercise** -- Games and mind exercises improve concentration and memory
- **Healthy diet** -- A healthy diet is required for your physical well being and can improve your energy level.
- **Appropriate sleeping time** -- Sleep is necessary for memory consolidation, lack of sleep not only hinders concentration, but also makes the child feel dull the whole day.

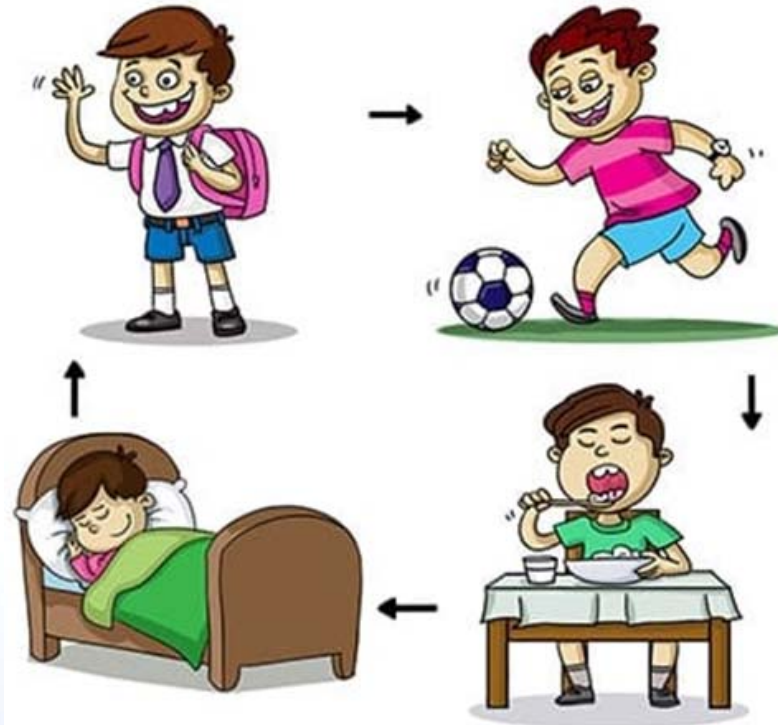




Setting up a reward system

Source: <https://study.com/academy/lesson/extrinsic-rewards-for-students-definition-examples-quiz.html>

Fixing a routine



Source: <https://parenting.flinto.in/child-development/13-tips-increase-concentration-kids>

Activity 2

Here is a very simple and effective exercise to train the mind to concentrate !

Basic step: Count words in any one paragraph in a book or newspaper, and then count them again, to ascertain that you have counted them correctly.

Practice step: Practice this exercise everyday, several times a day.

Advance step: When this becomes easy, try counting the words in two paragraphs, and later, count the words of a whole page.

Enhanced step: Count the words mentally, only with your eyes, without pointing you finger at them.

Extension of the activity: Make students count articles (a, an, the) or prepositions being used in one paragraph/page.

CONCENTRATION.....



bharti

..... WHILE STUDYING

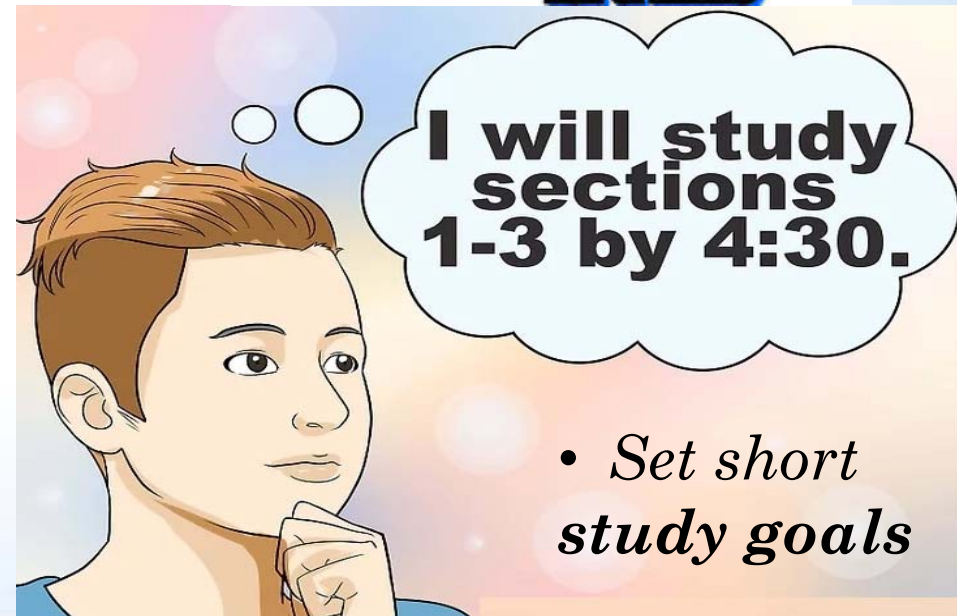
- Creating a study environment
- Breaking the chapter into pages and paragraphs for a one time study
- Understanding student's learning method – VAK



Study Time Habits

- *Avoid unwanted friends during study*

- *Take rest in between to avoid fatigue*



WEEKLY STUDY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Morning	5-6						
	6-7						
	7-8						
	8-9						
 Mid-morning OR Afternoon	9-10						
	10-11						
	11-12						
	12-1						
	1-2						
	2-3						
 Evening	3-4						
	4-5						
	5-6						
	6-7						
 Night	7-8						
	8-9						
	9-10						

Reflection Time: Activity 1

Write as many 4 or more lettered words possible from the master word CONCENTRATION within a minute.

You can use the letters only from the given word and no more!

Type the words in your notebook/Chat box.

Reflection Time: Activity 2

What is your key takeaway from today's session?

Tasksheet

List out the activities you will start doing for improving your concentration.

DO's for Improving Concentration	Don'ts for Improving Concentration

Thanks!

