

“I am so frustrated with my class – They can’t seem to pay attention!”

One of the greatest challenges facing teachers is maintaining focus in the classroom.



The Focused Classroom Techniques for Attention-Priming

In this highly interactive, full-day workshop, teachers will be guided through a series of fun cognitive exercises from which they can pick and choose to develop their own approach to attention-priming. Teachers will walk away from this session feeling inspired and energised with a new tool-kit of activities for the classroom.

When cognitive exercises are incorporated into the daily life of a classroom — many of these exercises take only 10-15 seconds and are fun for kids — the result is a calm and focused class. For children who face special cognitive challenges, such as ADHD or Dyslexia, studies have shown dramatic improvement in attention following cognitive training¹. Incorporating these evidence-based techniques into the classroom will help to level the playing field by bringing each student closer to the baseline for their age group.



Our program is founded on peer-reviewed research and our workshops are presented by engaging professionals.

To book a workshop, e-mail us at info@do-it-better.ca