

Activities to Encourage Attention & Listening Skills

Here are some fun games to try with your child to help encourage them to give you eye contact! Try different activities and see which ones your child enjoys the most!

Balloons

Blow them up and then let them go.
Let your child feel the air coming out of them
Throw them and catch them
Pop them
Draw faces on them.

Stacking Beakers/Cups/Bricks

Build towers
Knock the bricks down
Roll them to each other
Hide things inside them/or bricks inside beakers/cups
Play with them in the bath, pouring water between them.
Matching colours together, commenting, 'Same' and naming colour.

Feely Boxes or Bags

Have an interesting object in the box and open the lid slowly. Let your child put their hand in the box and feel it. Then take out the object and play with it.

Puppets

Give it a pretend drink or a kiss/cuddle
Put a hat on it
Stroke it
Make it wave and clap

Playdough

Roll it out and cut out shapes with cutters, commenting, e.g. 'Rolling', 'Cutting', 'Squashing'.
Roll it into sausages or balls
Make different objects with it

Beanbags and balls

Throw and catch
Roll/Throw it to each other, commenting, e.g. 'Roll ball', 'Throw beanbag', throw it into a box/basket
Hide it behind you, commenting, e.g. 'Gone', 'Ball Gone', 'Beanbag gone', 'Come back ball/beanbag'.

Inset Puzzles

Take all of the pieces out and put them back in. As you are doing this, say the name/sound of the item, e.g. 'dog-woof woof', 'cow-moo moo', 'car-brum brum'.

Hide one piece and encourage your child to find it in your hand or behind your back. See if they can tell you which piece is missing

Match puzzle pieces to real objects

Put pieces in empty pots and shake them, commenting, e.g. 'shake, shake', you could try, 'shake, shake, shake and stop!'

Posting boxes

Try making a simple posting box by cutting a slit in an empty cereal box/shoe box. Try posting shapes, or pictures into it commenting naming items on pictures/or shapes and saying 'In box', 'Gone'.

Songs and Rhymes

Sing songs and rhymes together. Stop singing occasionally and wait for eye contact before continuing. Use relevant gestures or props, e.g. soft toys, when singing the rhymes. Your child may request a song by showing you the relevant soft toy, e.g. toy boat for, 'Row, row, row your boat'.

Musical instruments to shake, e.g. maracas or bells, singing to 'Shake, shake, shake your instruments'.

Sharing Books

Try looking at books together regularly. Books with lift the flap sections, pop up parts, feely parts or those with noises are often more interesting and are likely to hold your child's attention for longer. Talk about the pictures, e.g. 'Bird flying', 'Driving car', 'Dog walking', 'Washing clothes'.