



Think for the Future

# WOW Pack Concentration

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



0115 718 0399



[www.thinkforthefuture.co.uk](http://www.thinkforthefuture.co.uk)



[contact@thinkforthefuture.co.uk](mailto:contact@thinkforthefuture.co.uk)

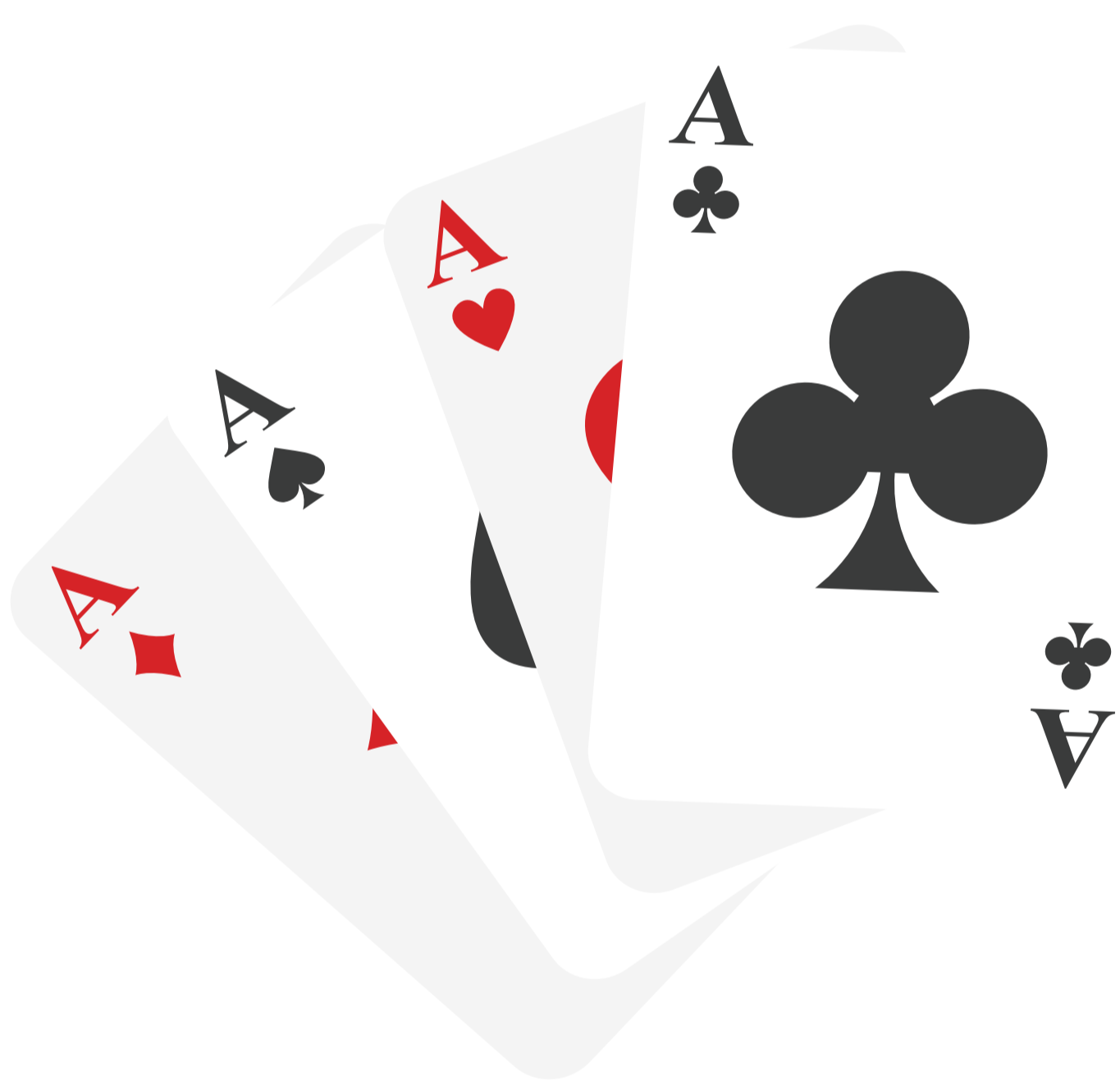


@TFTFuture

# Think about it: Concentration



How good are your concentration skills?  
Some days it can be harder than others to concentrate  
but if you are really honest with yourself, how good are  
you at concentrating on one thing?



If you're unsure test  
yourself with a  
challenge like building  
a tower of cards and  
see how long you are  
able to focus on trying  
it for!

Can you do it without  
stopping to check your  
phone for messages or  
scroll through social  
media?

Our concentration skills are so important to get tasks done! We  
need our concentration skills every day, even when we don't  
realise we need them!

How good are your concentration skills?

# Concentration

For me when I was younger I used to really struggle concentrating and to an extent I still do now! Sitting down and attempting to focus on one certain thing is really hard for me. To attempt to focus and concentrate as much as I can, I remove my self from people who may distract me, I might put music on or a podcast but nothing to watch and nothing to scroll on. I try to crack on with as much as I can, taking my time though and not rushing through 100's of tasks at one time.

Remember to “take time and take pride” in your work, just like I attempt to do. It will take you a while to understand the best way for you to concentrate and I am still learning of new ways now. Start early and attempt to focus for your future.



## What is concentration?

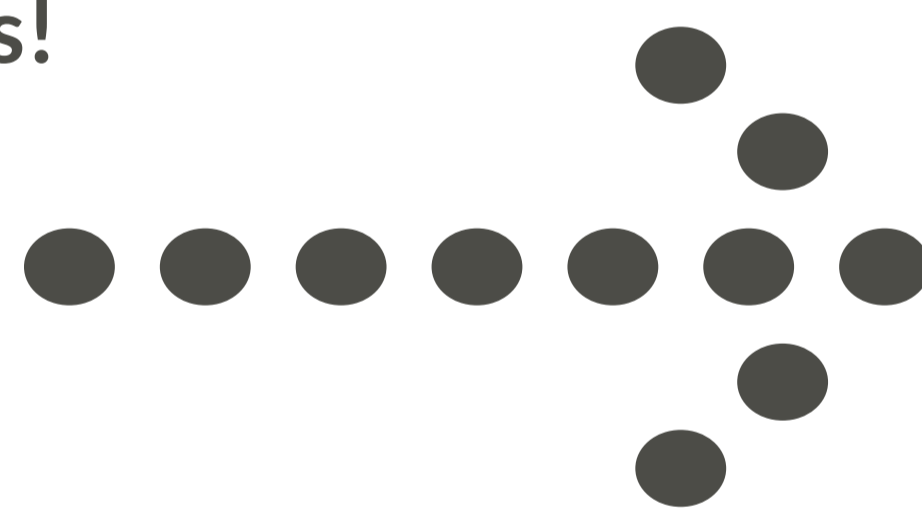
Concentration is simply the mental process of focusing your mind on a single thought or task. It assists in studying, enables faster understanding, improves the memory, helps in focusing on a task, job or goal, and therefore, achieving them more easily and efficiently.

## It isn't always easy!

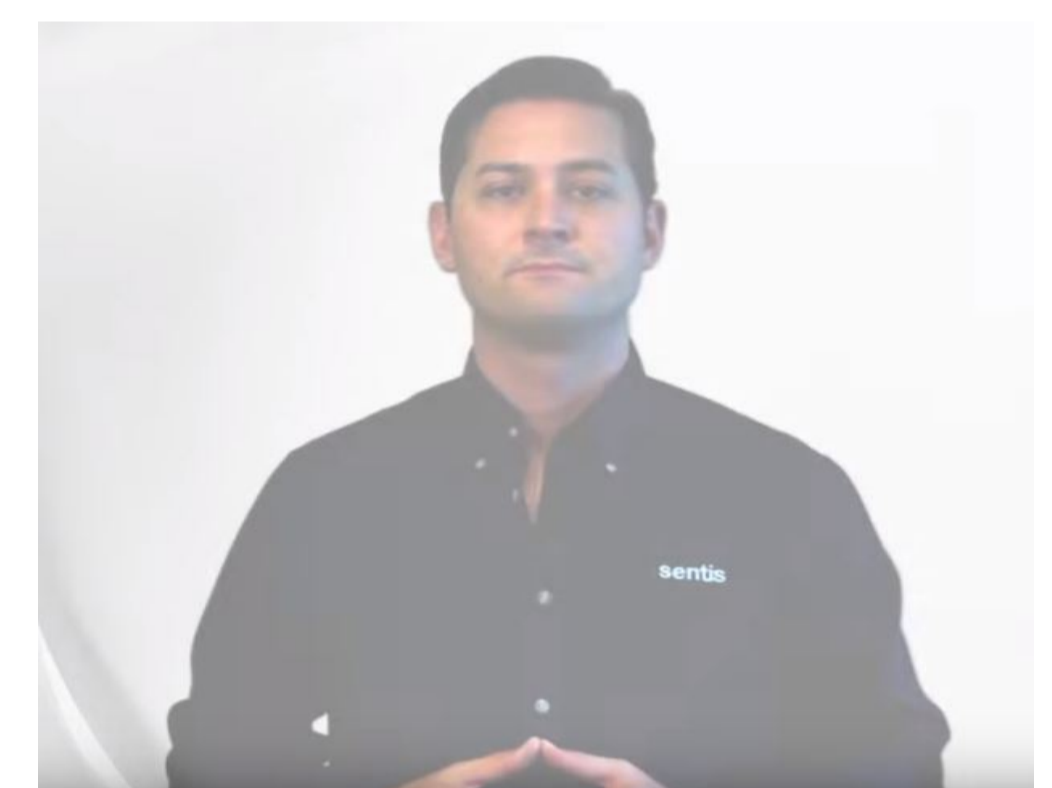
Concentration is hard when you are not motivated or aren't interested, but the important thing to remember is there is always a reason for why you have to concentrate. There is always an end goal! There may be times where we have to concentrate on things that we might not want to but the more we work on and improve our concentration skills the easier this will be!

Have a go at testing your concentration skills!

## Watch This



<https://www.youtube.com/watch?v=q2PaH-NRBKY>



## Benefits of good concentration

- Able to focus your mind
- Better memory
- Can improve self confidence
- Feeling more calm
- Better control of your thoughts
- Able to get more things done.

Having good concentration is not just good for things like getting school work done but can help us in lots of areas of our lives.

## What if we lose concentration?

Sometime we lose concentration, that may be due to distractions around us or not feeling motivated to concentrate at that time.

There are things we can do to help ourselves when we keep losing concentration. Make a note of what happens each time your mind wanders off, is there a similar reason each time and something you can change to stop that happening?

## Give your brain a warm up

Have a go at the task in the video below and warm up your brain ready to take on any tasks for the day where you will need to concentrate!

[https://www.youtube.com/watch?v=\\_aKu5KBbmmI](https://www.youtube.com/watch?v=_aKu5KBbmmI)

# 5 Ways to Improve Concentration



1

## Avoid multitasking

We are all guilty of this! Although it might seem productive to complete more than one task at a time. Multitasking can in fact slow down your brain! If your brain is trying to manage several tasks at once, it may affect the way you work even when you're attempting to complete a single task. Work on things one at a time –giving all your attention to one task at a time, ensuring you complete this to the best of your ability before moving on.

## Take regular breaks

Taking regular breaks will help you make better decisions because you are able to think more clearly. Breaks spark creative ideas and new solutions.

Taking breaks helps you stay focused over long periods of time!

2

3

## Daily Mental Exercises

We all know the benefits of physical exercise, yet this attitude is not as common when it comes to Brain exercises despite the fact the Brain is a large muscle that we use constantly! Some mindfulness exercises in the morning and throughout the day can really help! If this is something you're not used to, try learning a new skill?

## Eliminate any distractions

This is something that is a lot easier said than done. Being at home gives us access to so many different distractions; Games consoles, Netflix, phones... The list goes on. Removing these distractions from eye sight really helps productivity. Leave your phone in another room, crack on and give yourself enough time to scroll during a break! I guarantee you'll get a lot more complete.

4

5

## Diet and Sleep

Two massive factors which contribute to our levels of productivity. With the world throwing everyone's normal routine out the window, its hard to keep to any kind of schedule let alone a sleeping pattern. That being said, studies emphasis just how important sleep is. Sleepiness slows down your thought processes. Scientists measuring sleepiness have found that sleep deprivation leads to lower alertness and concentration. Plus, you'll feel a lot happier!

# Concentration Top Tips



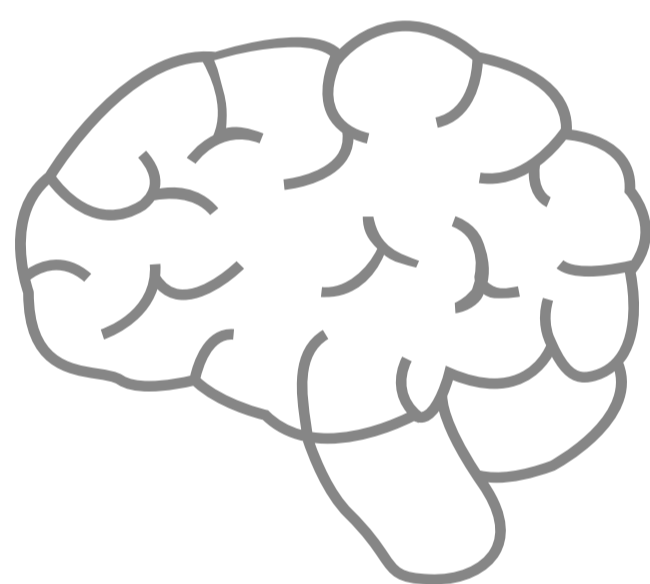
## Test and improve your skills

Have a watch of this video of optical illusions, see how well you can concentrate on them. Keep trying and see how they can help better your focus!

<https://www.youtube.com/watch?v=oRDbAZfH97c>

## Improve your sleep

Not have enough sleep can easily disrupt concentration, not to mention other things such as memory and attention. You can improve your sleep by turning off the TV and put away screens an hour before bed. Try to keep your room at a comfortable but cool temperature. Wind down before bed with soft music, a warm bath, or a book. Go to bed and get up around the same time each day, even on weekends.



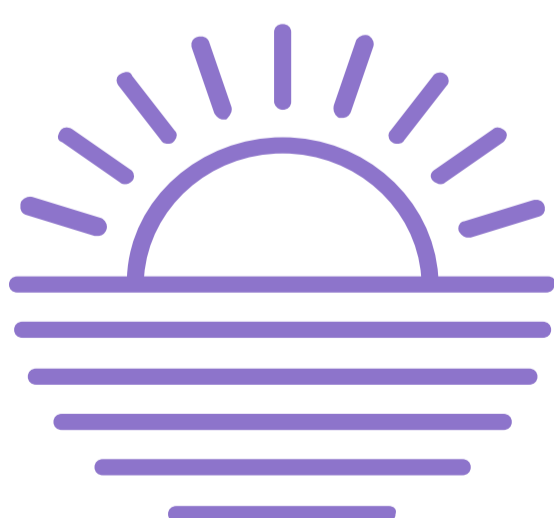
## Train you brain

Have a go at these brain exercises! They can help to improve concentration and make us more productive. How many can you manage?

<https://www.youtube.com/watch?v=pCpiteBel8E>

## Exercise

In combination with your mental exercises, physical exercise is also really important! Exercise helps trigger endorphins, which improve the prioritising functions of the brain. After exercise, your ability to sort out priorities improves, allowing you to block out distractions and better concentrate on the task at hand.



## Meditate

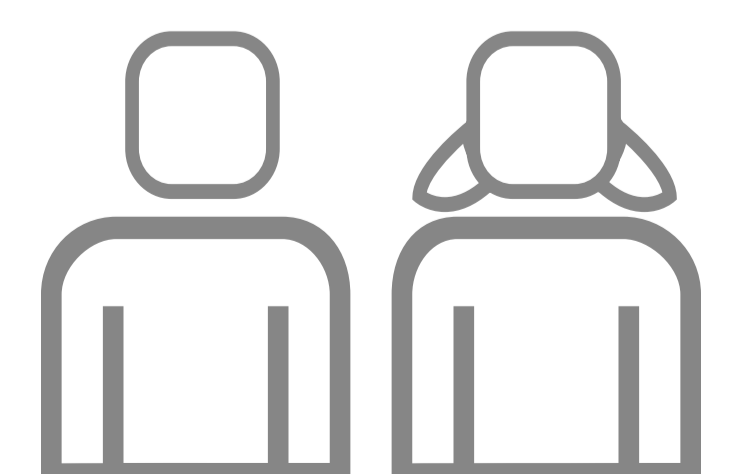
Meditation can help you deal with stress and negative emotions. Multiple studies have shown that meditation can help reduce levels of depression and anxiety, along with improving your concentration levels! Have a go with the video below.

<https://www.youtube.com/watch?v=oq6j9uWrcfg>

## Brain Yoga:

Have a go at this simple exercise to train your brain and your body at the same time. Try it each day and see if it helps energise your brain!

<https://www.youtube.com/watch?v=e87tpze6Bi4t>



# Take on the challenge!



Test your concentration skills and see if you can complete our word search!

I L C Q H X R B E I Y Y W C X  
N H O E N Y Y L D C A Z F L M  
T R N E U N R Q U I O Y R X M  
W G C V M S V V C S N P F N B  
H G E V T O Z X A U M F D U C  
N Q N K S E T G T M N G H R O  
O A T I A K S I I I N E V J E  
N O R Y N M O D O D V V M Q R  
W M A Y N R M S N N D I Y L O  
V V T Q M U A H K I S T Z U T  
U Y I O B E A E R Q M I X H N  
C V O L G I B S L C O S A G E  
P S N Z L Q Y U V J Y O A T M  
C F T P O W E R F U L P B N K  
Z E N O I T A C I N U M M O C

EDUCATION  
COMMUNICATION  
CONCENTRATION  
POSITIVE  
MENTOR  
LEARNING  
EMOTIONS  
MINDSET  
MUSIC  
POWERFUL

Tag us in yours when you have completed it!

@TFFTfuture



# Where else to look...



Click on the icons below!

**healthline**



**YOUNG Mi MINDS**

**keoth**

