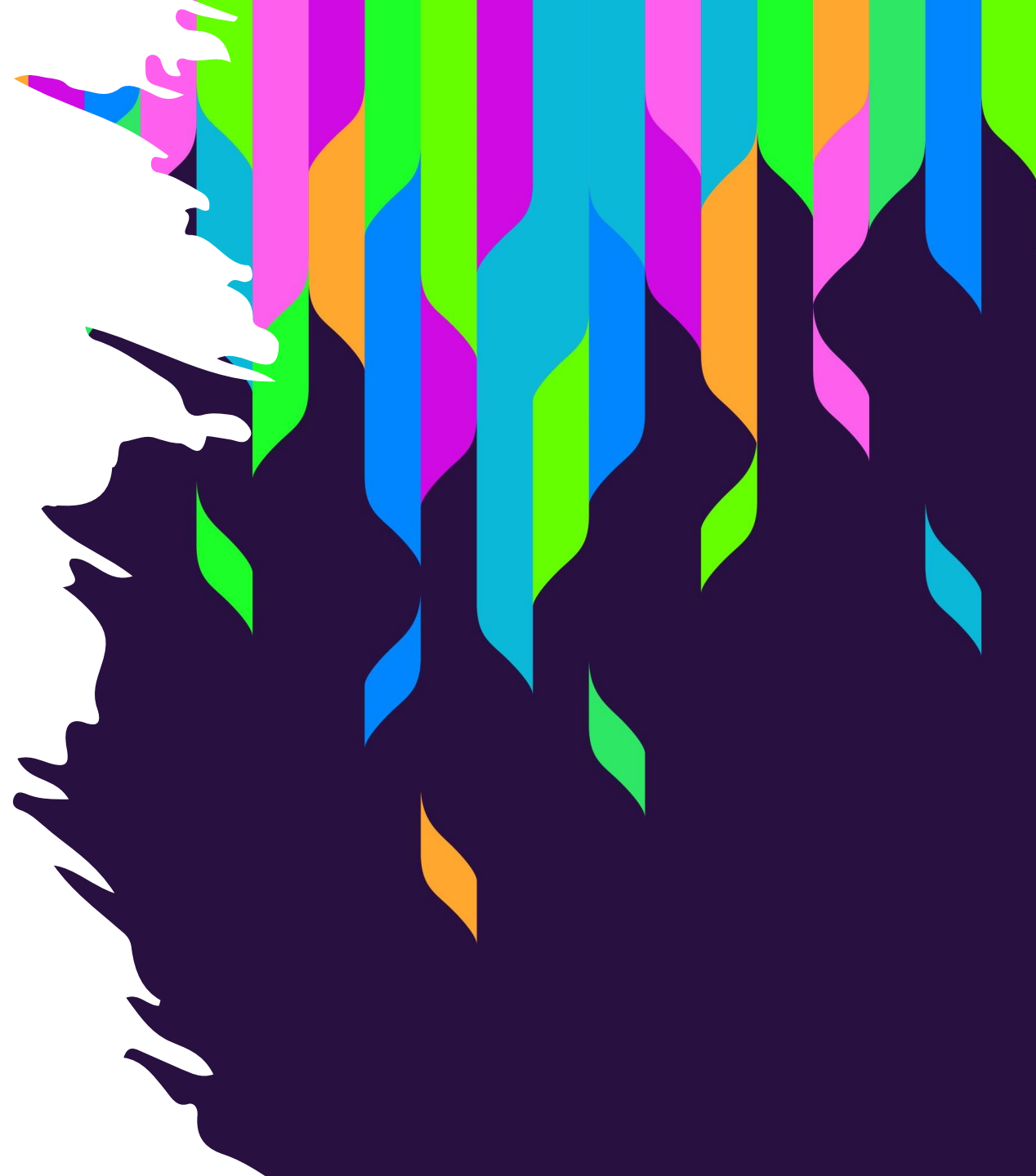


# **2023 Parents Networking Session**

**25 and 26 May 2023,  
Thursday and Friday  
4pm to 5pm**





# Objectives

1. To engage and support parents of pupils with needs
2. To help parents establish a network of support

# Programme

Time	Activity
4pm to 4.05pm	Welcome and Overview
4.05pm to 4.20pm	Focusing Attention and Ignoring Distractions
4.20pm to 4.35pm	Use of Task and Time Management Aids
4.35pm to 4.45pm	Improving Self Control
4.45pm to 5.00pm	Q & A, Conversations and building network

# Do you find this familiar?



Johnny is a bright Primary 3 boy who enjoys cycling and playing computer games. In school, he has **trouble completing his assignments on time, keeping track of homework, and makes frequent careless mistakes.** The items on his desk and in his school bag are often in a mess. Teachers and parents think he is being lazy. They have tried **reprimanding him and removing his computer time, but nothing seems to work.**

## What difficulties do Johnny have?

(Type your responses using the chat function.)

# 1. Focusing Attention and Ignoring Distractions

# Who may benefit from these strategies?

Useful for pupils who:

- are easily distracted and/or
- are anxious and/or
- feel overwhelmed in an environment (e.g. study room/ classroom) filled with noise and movement
- need extra practice and prompting to be successful in applying this skill.



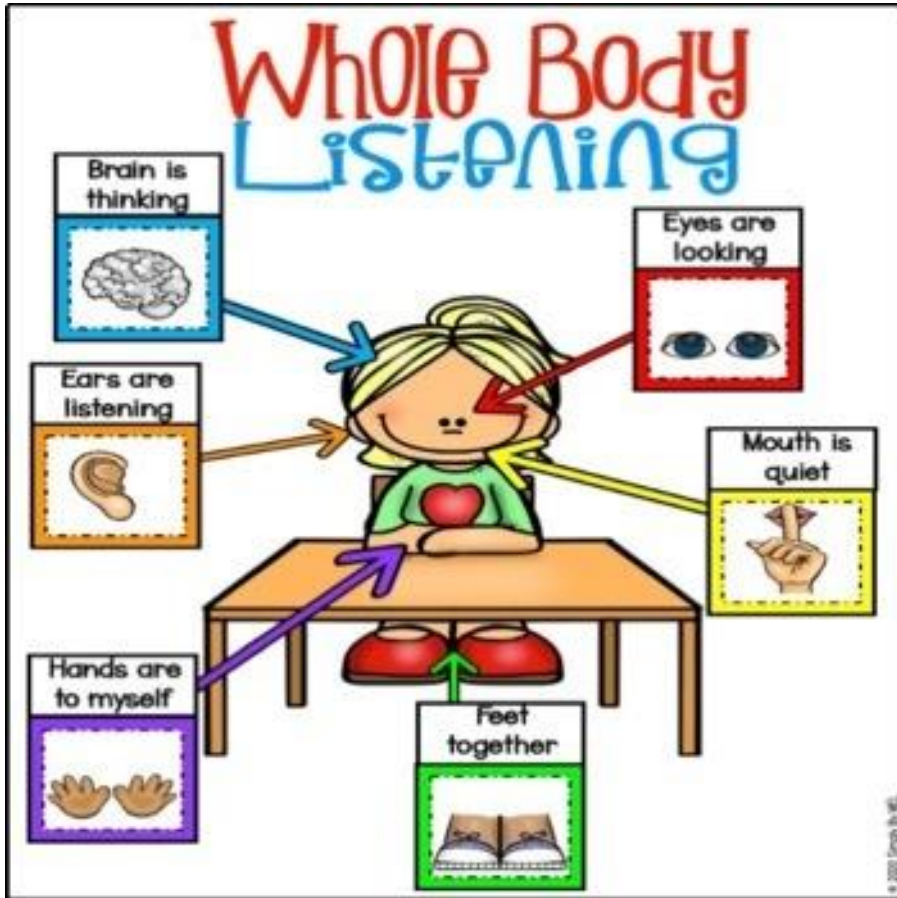
# Why do we need to focus when doing our work?



- So that we can complete a task in the quickest time possible.
- To move on to another task.
- To feel a sense of accomplishment and success.



# What is Whole Body Listening?



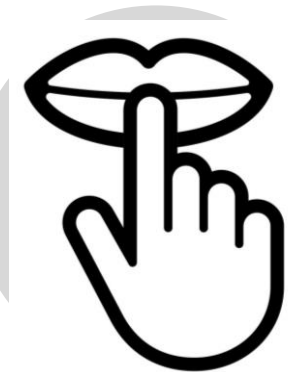
Ability to:

1. Think using your brain
2. Listen with your ears
3. See with your eyes
4. Keep your mouth, hands and feet quiet

# Whole Body Listening



Step 1: Eyes  
on speaker.



Step 2: Lips  
close.



Step 3: Ears listen.



Step 4: Sit up  
straight.



Step 5: Quiet  
hands and feet.

# 5 steps to ignore distraction

Step 1: Look at your work.

Step 2: Quietly count to five to calm down.

Step 3: Say, “I’ll focus all my attention on my work.”

Step 4: Continue to work.

Step 5: Say, “Good job! I paid attention!”



## Additional tips:

- You may consider setting a duration for this routine (e.g. 20 to 30 min,, depending on your child’s attention span.)
- Structure a movement or eye break when child has completed a segment of work.

## 2. Use of Task and Time Management Aids

# Who may benefit from these strategies?

Useful for pupils who:

- have difficulty maintaining focus when doing work
- have difficulty moving on to the next questions
- rush through their work



**As adults, how do we manage our tasks?**

(Share your responses using the chat function.)

# Use of Task Management Aids

1. Reinforce the use the pupil handbook to record homework and other instructions

2. Enlist the support of parents to remind students to check their school planners at home

- Develop this habit by starting with regular reminders
- Gradually wean off regular reminders when child has developed the habit of checking the pupil handbook

## Strategy: Use of Task Management Aids

### 3. Create a visual timetable of a routine that he can follow at home

[illegible]

# Strategy: Use of Time Management Aids



## VISUAL CUE SHEET

Define a time period for the student to complete the task or observation. Then instruct students to cross out or shade boxes at the end of every time period (e.g. 15 minutes) and to observe their own behaviour.

I started on a new question.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I have checked my work.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

The Watson Institute. (2010). Self-monitoring. Retrieved from [http://www.thewatsoninstitute.org/nu\\_upload/File/self%20monitoring.doc](http://www.thewatsoninstitute.org/nu_upload/File/self%20monitoring.doc)

4. Encourage the child to use a visual timer (e.g. digital watch, small digital clock, timer), visual cue sheet, or use verbal reminders to prompt students to start/stop/check work.

5. Write duration allowed to complete task(s) clearly on the board.



### 3. Improving self-control

# Who may benefit from these strategies?

Useful for pupils who:

- have poor self control
- frequently exhibit aggressive behaviour
  - hitting others
  - calling other people names
  - throwing temper tantrums out of frustration
  - cannot cope with failure

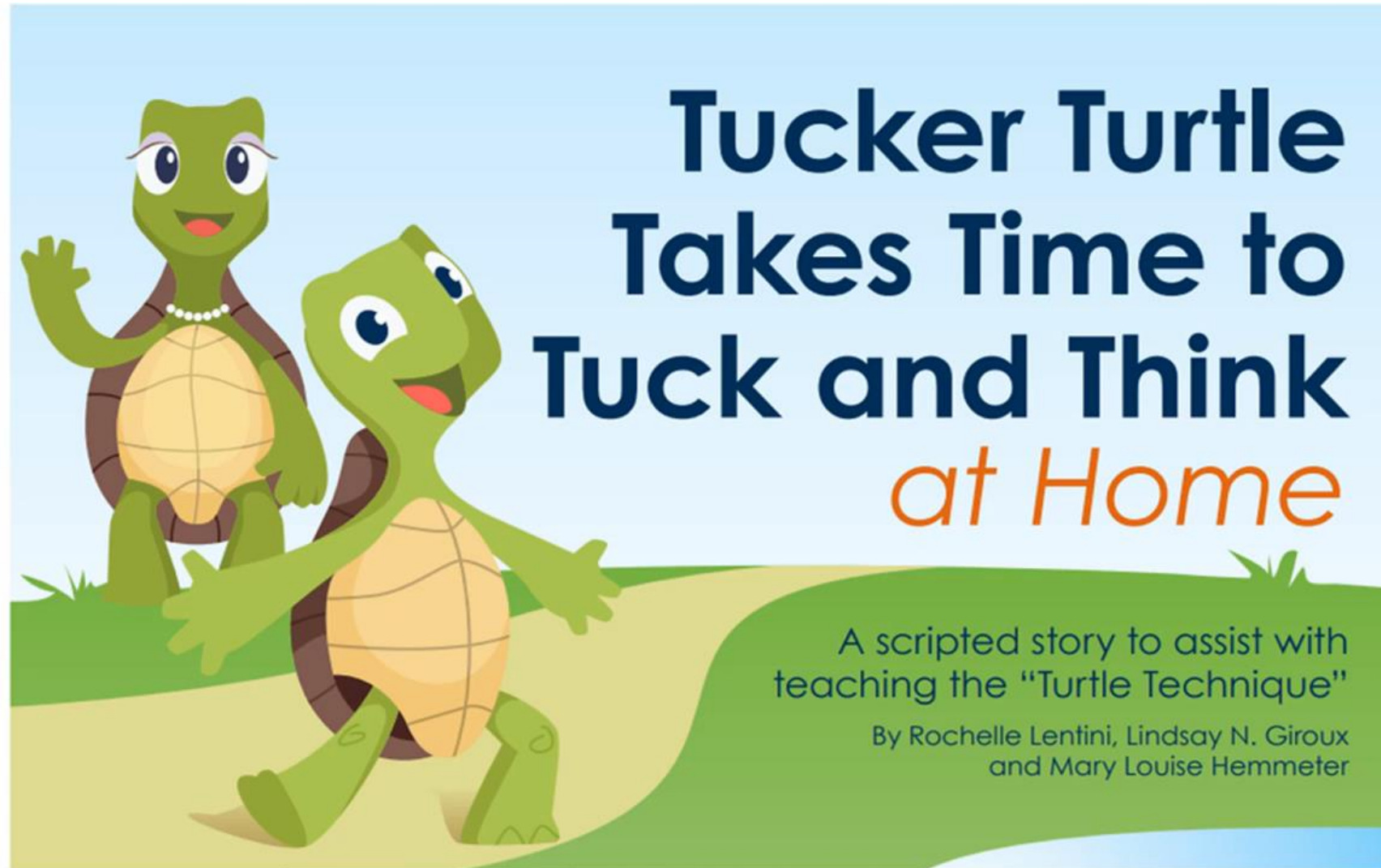
# Why do we need to have self-control?

Self-control  
is part of being  
a wise person



- Before developing effective problem-solving skills (i.e. ways to cope, solve daily problems, and modify impulsive patterns of behaviours), the child must **first develop sufficient self-control to stop, calm down and recognise what is happening.**
- The mastery of self-control is also important to **bolster students' self-esteem.**
- Practising good self-control **will also help them receive more positive feedback** from their teachers and peers.

# Turtle technique for calming down



Link to video -  
<https://www.youtube.com/watch?v=09qvILfcci8>

Longer version -  
<https://www.youtube.com/watch?v=2l5qMGX-VFk>

# Turtle technique for calming down



**1. Tell yourself to  
STOP**



**2. Take one  
long, deep  
breath**



**3. Say the  
problem and  
how you feel**

# Turtle technique for calming down



3. Say the  
problem and  
how you feel

Example:

I have a problem.

I am feeling hot.

I feel frustrated when my friend keeps bugging me.

I feel like yelling at him "Shut up!". So, I need to go and calm down."

OK I am calmer now. Now I can make a plan.

My problem is that I feel frustrated when my friend keeps bugging me.

***What can I do about my problem?***

I can choose to yell at him "Shut up" or I can choose to tell my teacher.

If I choose to yell at him now, my teacher and peers will be mad at me for shouting in the middle of the lesson.

# Turtle technique for calming down



3. Say the  
problem and  
how you feel

However, if I choose to get  
my teacher to help me,  
she will be able to make  
my friend stop his  
bugging.

My plan is to get my  
teacher to help me.

I think it is a good  
plan, and I am ready  
to try it. Now.

I will get my teacher to  
help me.



# Key takeaway





Q & A

# Reminder



Try out the strategies with your child at home.

# Your feedback matters



<https://go.gov.sg/pnswsps>

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