

## Attention Bucket



This activity is based on Attention Autism, an intervention approach designed by Gina Davies, Specialist Speech and Language Therapist - [ginadavies.co.uk](http://ginadavies.co.uk)

The aim is that you help to develop your child's attention whilst having fun, and as Gina would say "offer an irresistible invitation to learn!"

You will need:

- A selection of highly motivating and engaging toys and items that your child will enjoy watching
- A container (box, bag, bucket) to put the toys and items in
- A pen and whiteboard or piece of paper for you to draw and show your child that it's time for the activity



Before you start:

- Only you can touch your bucket/bag/box and the toys. This can be difficult however aim for you and the toy to be so engaging that looking at it is enough.
- Say only a small number of key words. Too many words will make it difficult for your child to focus their attention.
- The aim is for you and your toy to be the most interesting thing in the room. Turn off the TV and computer or do the activity in a different room, this way you don't have to compete with something that's likely to be highly motivating for your child.
- Aim to show 3 or 4 highly motivating toys each time you do the activity.
- The length of time this activity lasts will vary depending on how long your child can attend for. Start by observing how long your child shows an interest and build on this, eventually aiming for around 5 minutes.
- Have fun!

Step 1: put items that your child finds highly engaging into a bucket, bag or box. This could include wind up toys, light toys.

Step 2: sit in front of your child and on a piece of paper / whiteboard draw a picture of your container

Step 3: sing "I've got something in my bucket, in my bucket, in my bucket, I've got something in my bucket, I wonder what it is?" (to the tune of 'Here we go round the Mulberry bush')

Step 4: Open the container slowly to build anticipation. Show your child the toy with excitement, making it interesting. This will help to increase your child's attention to an adult-led task.

Step 5: Put the toy back in the container and say "finished". Repeat with another toy.

Further information:

See <https://www.youtube.com/watch?v=VkzDpAVH4JI> for a video example of "Bucket Time"

See <https://www.youtube.com/watch?v=FWJhjJF8ES0> for information on Attention Autism

Gina Davies Autism Centre on FaceBook is also a useful resource for ideas.

If you'd like to find out more about Attention Autism and talk about how you can support your child at home please contact the communication team.

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