



Distraction Game

Children sit in a circle.
One child is the "referee," two children are "distractors."

Children are asked to sit quietly, without getting distracted, for as long as they can manage. As soon as they get distracted (e.g., they start laughing, speaking, moving, etc.) the referee taps them slightly on their shoulder, then they are "out of the game."

The distractor is distracting the children:

- with a very small feather touching them
- making noises (whistling, shouting, laughing)
- showing a piece of chocolate or crisps in front of their eyes...
- having fishing-rods which represent different "temptations," e.g., a fishing rod with a picture of chocolate, a picture of a mobile, etc.

The distractors move the fishing-rod in front of the children's eyes.

Teacher's notes:

Generally, the aim of this game is not about getting overly concentrated, but to learn to be focused and undistracted in a relaxed and spacious way.



Optionally at the end a "laughing monkey" (an artificial monkey which laughs when you touch it and rolls around on the floor) is offered as a very strong and funny distraction.

Those children who manage to stay the longest without getting distracted receive a small prize (e.g., a nice sticker). It is important to appreciate all the other children for trying their best to not get distracted.