



WORK CARD 2

FOCUS!

Ask participants to create a list of techniques and tools that can help them manage their attention and focus. Then ask them to compare the strategies and tools they choose with those that might be useful to other group participants, including the disadvantaged ones.

There can be a discussion on various techniques such as dividing tasks into smaller parts, using relaxation techniques, time management, etc., which can help both participants and adults to improve their concentration.



In the table below, enter the selected tools for building concentration. Then select individual participants. Finally, compare who chose what, conduct discussions and choose tools that suit everyone in a given subgroup.

LIST OF TOOLS USED TO BUILD CONCENTRATION

| TOOL NAME | PARTICIPANT 1 | PARTICIPANT 2 | PARTICIPANT 3 | PARTICIPANT 4 | COMMON |
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In this exercise, the educator has the opportunity to present various techniques and tools for building the concentration of adults, including those in disadvantaged situations. He or she should refer to real case studies and emphasize the role of choosing appropriate tools adjusted to the needs of a given user.



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It is important for the educator to emphasize that the ability to concentrate can be developed and strengthened through systematic activities and a conscious approach. Encourage participants to engage and practice concentration techniques in their daily lives to achieve the desired results.

Remember that when working with people with fewer opportunities and more difficult situations, it is particularly important to create a friendly and supportive atmosphere. Make sure that all workshop participants have equal opportunities to express themselves and actively participate in the exercises. Encourage participants to be active, especially when you see barriers to entering the group.