



# WORK CARD 3

## BUILDING CONCENTRATION ON TRAINING



### IDEAS FOR THE EDUCATOR – CHOOSE THE APPROPRIATE FORM OF EXERCISE FOR THE NEEDS OF YOUR GROUP OF ADULTS IN A UNUSED SITUATION

1

**Warm-up exercises:** Before starting the main part of the training, short warm-up exercises can be carried out to help participants focus and get involved in the work. It can be a quick physical activity, e.g. a few jumps or clapping your hands, a short game, e.g. rock-paper-scissors, or an open question that stimulates thinking.

2

**Relaxation techniques:** Using relaxation techniques such as short meditation sessions, deep breathing or simple relaxation exercises can help participants calm the mind, reduce stress and increase concentration. Reserve a few minutes. Some groups need several such sessions to stimulate and increase concentration.

3

**Change of environment:** If the training group spends a long time in one place, it is worth considering breaks to change the environment. Moving to another room, getting some fresh air, or taking a short walk can help participants refresh their minds and regain focus.

4

**Interactive group exercises:** The use of interactive group exercises can attract participants' attention and engage them emotionally. This may be, for example, a group task, interesting discussions in pairs, simulations or board games.



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**Multimedia methods:** The use of various multimedia tools, such as multimedia presentations, visualizations, videos or interactive online tools, can arouse the interest of participants and make it easier to concentrate on the information provided. Choose the form in advance and, for example, find a video that corresponds to the topic of your training. You may present it to the group to focus attention.

6

**Practical and applied tasks:** Providing trainees with specific practical tasks that allow them to directly apply what they learn can increase focus and engagement. Examples include solving case studies, creating action plans or thematic presentations. For this purpose, use worksheets, e.g. those collected in this module.

7

**Breaks and movement:** Regular scheduling short breaks during longer training sessions gives participants the opportunity to refresh their minds and regenerate. Incorporating short physical activities, such as stretching or a short energy training, can also help you stay focused.

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 different groups may have different preferences and needs, so it is worth adapting activities and tools to the nature of the group and the topic of the training. It is also important to monitor participants regularly and adjust activities during training to maintain concentration and engagement.

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.