



WORK CARD 7

TOGETHER



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.

A simple activity to get to know each other and integrate, bringing out common features and interests of people in the group. The exercise serves to focus during classes. It is important to focus on the task in order to achieve a common result.

The exercise begins with one person standing approximately 8-10 meters away from the others standing in the group. The person standing alone says: "I invite the person who ate pizza yesterday to the left of me" or who has a dog or who loves vanilla ice cream (depending on what features and preferences they come up with). Those who are affected by the statement leave the group of participants. The person who touches the left hand of the participant saying the sentence first, stays with him. The others return to the group.

The person who starts now says a new sentence, e.g. "I invite a person who likes holidays by the sea to the right." The situation repeats itself. In subsequent rounds, players standing on the sides of the starting person provide other characteristics so that other people can join their free hands. All the winners hold hands all the time. At the end of the game,



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the last two people to join have one hand free. For a group to form a circle, they must find something in common.

Finally, it is important for the educator to summarize the importance of concentration, listening carefully and building the ability to focus.

KEY:

- 1 The value of concentration:** Explain why concentration is important for effective learning and task completion. Emphasize that the ability to focus and maintain attention is crucial in a dynamically changing world where information is widely available and distractions are numerous.
- 2 Benefits of concentration skills:** Outline the various benefits of developing concentration skills, such as increased efficiency in completing tasks, better quality of work, higher productivity, and greater achievements.
- 3 Continuous development:** Encourage participants to continue working on developing their concentration skills after the training. Emphasize that concentration is a skill that can be constantly improved through regular practice and a conscious approach to attention management.