



WORK CARD 8

CONCENTRATION - ACTIVE LISTENING



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.

- 1 Take a piece of paper, a pen or a pencil.
- 2 One person imagines an object/item and, without saying what it is, gives instructions to the other on what they should draw on the paper.

For example:

- Draw a square measuring 5 centimeters on each side;
- Draw a circle in the center of the square;
- Draw 2 lines through the circle so that the circle is divided into 4 equal parts.



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This exercise can be used during training by dividing participants into teams or pairs. It will become more and more difficult with each detail, and one mistake by the drawer may mean that each subsequent command will be incorrectly executed and ultimately the drawing will not reflect the object/object that the participant who gave the instructions had in mind.

The most important role in this game is played by active listening, which allows you to thoroughly understand what is being said. Participants are doomed to failure without a high level of concentration.

KEY EDUCATOR SUMMARY:

- 1 Exercises and practice:** Encourage participants to actively participate by organizing practical exercises and tasks that will help them develop their concentration skills.
- 2 Individual approach:** Emphasize that each person has their own individual preferences and ways of focusing attention. Encourage participants to experiment with different techniques and strategies to find the ones that work best for them.