

ATTENTION



★ All About My Attention

What Attention Means for You

Attention is how **you focus, switch between things, and keep going** with a task.

You might focus really well on things you enjoy.

But sometimes you might find it hard to stay focused, especially if something feels boring, confusing, too loud, or too long.

This isn't your fault — and it doesn't mean you're not trying.

Your brain just works in its own way, and that's completely okay.

Some brains notice lots of things at once, which can make it harder to ignore noise or stay on one task for a long time.

★ Why Your Attention Might Work Differently

If you're neurodivergent (like having ADHD or being autistic), your brain might work in a different — but still amazing — way.

You might find it harder to:

- stay focused
- switch between activities
- ignore distractions
- manage big feelings or impulses

These aren't "bad" things.

They're just part of how **your** brain works.

★ How This Might Feel at School

Sometimes school can be tricky because:

- lessons feel too long or too fast
- there are lots of instructions at once
- homework feels too big or overwhelming
- things aren't broken into small steps

Even when you want to do well, these things can still be hard. It doesn't mean you can't do it — it just means you may need things explained or organised differently.



★ How It Might Affect Friends and Conversations

Sometimes attention differences can make friendships feel a bit more complicated.

You might:

- interrupt without meaning to
- forget things people said
- drift off during conversations
- miss jokes or social cues

This doesn't mean you're a bad friend.
It just means your brain processes things differently.

★ How It Can Make You Feel

You might sometimes feel:

- frustrated when your mind won't stay still
- worried you're "not good enough"
- stressed when adults or other kids don't understand you

These feelings are real.
But you are not alone — many people experience attention differences.

★ Why Support Matters

Having the right support can make a big difference.

With understanding and help, you can:

- feel calmer
- learn better
- have stronger friendships
- feel more confident

Support helps your strengths shine — and you have lots of strengths. Many neurodivergent young people are creative, curious, imaginative, and great problem-solvers.

SELF
EMOTION
ENERGY
COORDINATION
SENSORY
ATTENTION
COMMUNICATION
FLEXIBILITY
IMPULSIVITY
FUTURE

★ Things That Can Help You Every Day

1. Routines That Make Life Easier

- A simple daily plan
- Breaking tasks into smaller chunks
- Keeping routines steady
- Using reminders, checklists, or apps

2. Sensory Things That Help You Focus

- Using headphones
- Fidget toys
- Taking short “brain breaks”
- Moving around gently when needed

3. Focus Tools

- Using a timer for work times and break times
- Sitting somewhere quieter
- Getting short, clear instructions
- Saying what helps *you* focus best

4. Positive Support

- Being praised for effort, not just results
- Having choices
- Celebrating small steps

All of these can help your brain feel calmer, clearer, and more ready to learn.

★ Helpful Places for You

These websites and tools offer support, ideas, and stories from other young people too:

- **YoungMinds** – support for young people
- **Words Matter** – communication tips for neurodivergent young people
- **Children’s Society (Neurodiversity)** – stories and advice from young people like you

★ Apps You Might Like

- **Forest** – grow a tree while you focus
- **Pomofocus** – focus timer
- **Headspace** – calming exercises
- **Habitica** – makes your tasks into a game
- **Todoist** – helps you stay organised
- **MindMeister** – great for mind-mapping ideas

