

# Focus-Building Activities Pack

Attention Span Games + Routine for Age 5

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## Attention Span Benchmarks

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- Age 3: 6–15 minutes on a single task
- Age 4: 8–20 minutes on a single task
- Age 5: 10–25 minutes on a single task
- Age 6: 12–30 minutes on a single task
- Kindergarten plans in 10–15 minute blocks

## 10 Focus-Building Games

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- Freeze Dance — dance + freeze on command (impulse control)
- I Spy Detail Version — scan + filter with multiple clues
- Memory Tray — study 5 objects, find the missing one
- Copy My Clap — repeat rhythm patterns (3–6 beats)
- Puzzle Time — 24-piece puzzles, work up to 48–60
- Read-Aloud with Questions — pause every 2–3 pages to ask
- Simon Says — listen, distinguish, inhibit impulses
- Drawing from Description — draw what you hear, 2–5 steps
- Card Matching (Concentration) — flip pairs from 10–16 cards
- Slow-Motion Race — last to finish wins (impulse control)

## 8-Week Attention-Building Routine

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- Week 1–2: 10 min total (5 min game + 5 min read-aloud)
- Week 3–4: 15 min total (5 min game + 5 min learning + 5 min reading)
- Week 5–6: 18 min total (5 min game + 8 min learning + 5 min reading)
- Week 7–8: 20 min total (10 min learning + 10 min independent work)





## Daily Tips

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- Same time every day — predictability reduces resistance
- Physical activity first — 10–15 min active play before focus
- Remove distractions — screens off, table clear, calm space
- End before boredom — stop while still engaged
- Name the skill — "You focused for 12 minutes today!"



Start today's lesson: [kindergartenstart.com/?src=pdf](https://kindergartenstart.com/?src=pdf)