

# Dividing and switching attention

### Instructions

- 1 Boys' and girls' names.** Go through the alphabet, and think of people's names beginning with each letter. However, alternate or switch between boys' and girls' names for each letter. This can be carried out in a group or individually, and can be presented on paper or verbally.


- 2 Animals' and place-names.** Go through the alphabet, and alternately think of animal names and then place-names beginning with each letter. Again, this can be carried out individually, in a group, on paper or verbally. If it is too difficult, alter it by not having to follow the letters of the alphabet.


- 3 Adding up the odd numbers.** Somebody reads out a list or row of numbers, quite slowly – one every second – and the group has to add up all the odd numbers. An easier version is just to keep a tally of how many odd numbers have been read out.

5 4 3 6 8 2 1 3 4 8 5 2 3 4 4 9 2 3 2 3 6 8 7 2 4 5 1 4 6 5 6  
 5 8 2 1 3 6 8 9 2 3 2 6 4 3 6 2 1 4 5 2 5 7 8 8 9 3 2 5 6 4 3  
 2 4 8 3 5 6 4 2 7 2 1 6 8 5 2 9 4 3 2 5 8 9 2 3 5 2 5 4 3 6 8  
 2 1 3 4 8 5 2 7 4 4 9 2 3 2 3 6 8 7 2 4 5 1 4 6 5 6 5 8 2 1 3

- 1** Can you think of any situations in everyday life where you have to switch attention as you have done in this exercise?  
**2** What strategies did you use to carry out this task?

How did you find this exercise? Easy  OK  Hard  What strategies did you use?