

What We Pay Attention to Activity Cards

Directions: Copy the following activity cards. Shuffle the cards and use with the activity, *What We Pay Attention To*.

Trusts adults	Uses adults for guidance, direction, comfort, information or praise.
Pays attention	Sits, stays focused without reminders.
Self-control	Manages attention, actions, and feelings in appropriate ways.
Manages emotions	Identifies emotions and expresses emotions in constructive ways.
Explores	Moves about freely and approaches new experiences easily.
Has friends	Makes and keeps friends, shares, takes turns, asks for and receives help, solves problems.
Persists at tasks	Makes mistakes, tries again, works to completion.
Obeys	Follows directions, participates in activities.

Lesson 1: Trainer Handout

Cooperates	Accepts help, requests help, follows directions.
Complies with rules	Learns and generally follows classroom rules without reminders.
Copes with routines	Learns and follows routines independently across settings and in large and small groups.
Temperamental	Is sensitive, highly active, withdrawals, or has negative moves (an extreme temperament trait).
Trauma	Has experienced exposure to trauma, especially violence, which can lead to learning and academic difficulties and behavioral and psychological problems (changes in sleep or appetite, fearfulness, withdrawal, worry), especially for young children.
Poverty	Can experience greater risks of impaired brain development due to increased exposure to multiple risk factors.
Conflict at home	Witnesses physical and verbal abuse in the home.
Witness of violence	Observes movies, TV, sibling conflict or family conflict that contains physical violence.
Parental addiction	Has a parent whose alcohol and drug abuse exposes child to poor parenting, chaotic family life, lack of supervision, and other risk factors.

Parental depression	Has a parent who is less able to provide positive responses and interactions leading to child withdrawal and shorter attention spans.
Poor physical health	Has dental, vision, hearing, nutrition, other health concerns.
Aggression	Is impulsive or intentionally harming of another person or object in the environment.
Withdrawal	Is shy, anxious and solitary.
Antisocial behaviors	Displays antisocial behaviors such as lying, sneakiness, stealing, threatening, and aggression.
Anxieties	Worries excessively and acts helpless.
Lack of motivation	Shows lack of interest, enthusiasm, and engagement in learning activities.