



Focus and Concentration (10-16 Yr Olds): Students Boost Their Ability to Focus and Concentrate by Using the Mind as a Touch Screen Computer

Lynda Hudson

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Lynda uses the power of the child's imagination through the use of relaxation, metaphorical stories and fantasies where the child is encouraged to mentally act out positive solutions to a problem. She helps students boost their ability to focus and concentrate both through positive suggestions and the use of the metaphor of using the mind as a touch screen computer. They are instructed to find and delete any negative, unhelpful beliefs about their abilities and then to reprogramme themselves to study with focus and concentration. they visualize themselves working confidently and calmly in both classroom and homework settings, surprising and pleasing their teachers, their parents and themselves with their achievements

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