

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

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| <p>1 <i>Can you think of any situations in everyday life where you have to switch attention as you have done in this exercise?</i></p> <p>2 <i>What strategies did you use to carry out this task?</i></p> |
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