

Attention Rescue Toolkit

“When focus fades, connection brings it back.”

When attention drifts, shift energy—don’t scold. Use these gentle, connection-based strategies to bring focus back in playful and respectful ways.

Quick Rescue Guide

Scenario	Quick Rescue	Why It Works
Eyes wandering	“Let’s pretend the story paused. What’s one thing you see in this picture?”	Reanchors visual attention
Body wiggling	“Let’s stand up and shake out our reading arms for 10 seconds!”	Releases physical tension
Yawn or fatigue	“Should we switch to a funny voice for this part?”	Injects novelty and humor
Frustration at a word	“I like how you tried that! Let’s break it apart together.”	Reframes mistake as progress
Child asks to stop	“Let’s finish this page and then draw our favorite part.”	Sets predictable endpoint

■ **Mantra:** *Refocus with connection, not correction.*

The Attention Rescue Toolkit

When your child zones out or grows restless, these five strategies help you reset the moment with empathy and playfulness.

■ The Page-Turner Switch

What it is: A simple change of control.

Say: “My voice is getting tired. Can you be the ‘page-turner’ for me?” or “Okay, my turn is over. You read the next page, and I’ll act it out.”

■ The Wiggle Reset (30-Second Fix)

What it is: A physical pattern interrupt.

Say: “Whoa, I see some wiggles trying to escape! Pause button! Let’s stand up and do 10 quick jumping jacks. Ready... go!” Then, sit back down and find your place.

■ The Predictor Question

What it is: Turns a passive listener into an active thinker.

Say: “Hold on. I’m not sure what’s going to happen next. What do you think this character is going to do?”

■ The Sound Effect Job

What it is: A perfect tool for silly, disengaged kids.

Say: “Okay, this next page looks exciting. I'm going to read the words, but I need a sound-effects manager. Can you make the 'woosh' sound every time I say 'wind'?”

■ **The Permission to Stop**

What it is: Validating their feelings and ending on a positive note.

Say: “I see your brain is telling us it's time for a break. You did a great job focusing. This is a perfect place to put the bookmark for tonight. We'll find out what happens tomorrow!”