



WORKING WITH YOUR HYPERFOCUS

Sometimes it can be tricky to follow instructions when you are in Hyperfocus mode.

Colour in the strategy boxes below and put a circle around the one which you are going to use to help to de-activate your hyperfocus.

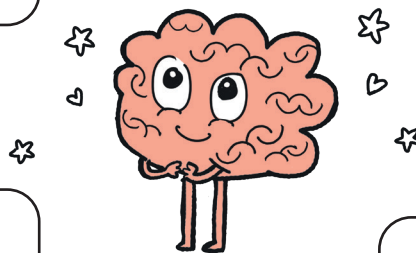
I will need 3 prompts from an adult to help process the instruction and begin de-activation mode.

I need a visual timer so I know when I need to stop Hyperfocusing to prepare my brain.

I will need a hand signal to alert me that Hyperfocus is coming to an end.

I will need access to an alternative movement activity after my hyperfocus task.

I will need a countdown from an adult to process the instruction.



My own strategy.