Overview of ‘Sustained Attention’ Toolbox

Maintain Focus  (Click here for the related tools)

‘Maintain focus’ refers to our ability to effectively filter out distractions, overcome physical or mental fatigue, and remain consistently engaged in a task over a specific period of time. This capability serves as an essential prerequisite for higher-order planning and executing goal-directed behaviours.

Suitable situation:

- Shows difficulty sustaining attention and is easily distracted by environmental stimuli or changes in internal states.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
8a. Focus Zone	✔	✔	✔	✔	
8b. Self-Awareness Tools	✔	✔	✔	✔	✔
8c. Sensory Regulation Gadgets	✔	✔	✔	✔	
8d. Shield of Temptation	✔	✔	✔		

'Effective Questions’ available

Download tool

Attend to Details  (Click here for the related tools)

During task execution, deliberately identifying and reviewing details and specific steps help minimise careless errors, thereby improving accuracy and enhancing the overall quality of the outcome.

Suitable situation:

- Tends to overlook important details and steps.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
8e. Homework Magnifier	✔				

Download tool

Refocus  (Click here for the related tools)

'Refocus' is the ability to redirect attention back to the task after getting distracted. By balancing work and rest intervals reasonably, recognising our arousal state, and using effective self-awareness tools, we can swiftly regain focus after being distracted and complete our target successfully.

Suitable situations:

- Difficulty recognising distractions and refocusing after interruptions, causing tasks to stall.
- When interacting with others, gets easily distracted, struggling to stay engaged with the current topic or activity.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
8b. Self-Awareness Tools	✔	✔	✔	✔	✔
8f. Reminder Tools	✔	✔	✔	✔	✔
8g. Pomodoro Method	✔	✔		✔	

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