

**Date: September 26, 2024**

**Session 7**

**Synopsis:** In this session, we incorporate activities that enhance attention span, focus, and concentration, specifically designed to address hyperactivity and distractibility. The aim is to improve focus and attention, ultimately enhancing the ability to set and achieve goals.

Activities conducted:

- Play therapy
- Quiet play
- Addressed general etiquette when talking to elders

**Date: 27/9/24**

**Session: 8**

**Synopsis:**

- Vestibular training exercises to enhance attention span, focus, and concentration.

Activities included:

- Ball game: focus and concentration, goal setting
- Roll and move: bilateral coordination, patience
- Pole and disk: target setting

**Date: 2/10/2024**

**Session 9**

**Synopsis:** Scenario cards about school and home for emotional regulation

To help the child identify, understand, and manage their emotions in various school and home scenarios.

Scenario cards depicting common situations at school and home.

Emotion cards with different feelings (e.g., happy, sad, angry, frustrated).

Calming strategy cards (e.g., deep breathing, counting to ten, talking to a friend).

**Date: 04/10/24**

**Session 10**

**Synopsis:** Social skills and social manners; enhancing social skills, promoting polite interaction, and reinforcing positive behavior patterns are essential for healthy social development.

**Date: 09/10/2024**

**Session 11**

**Synopsis:** The “Gratitude Mapping” activity can benefit the client by enhancing their emotional vocabulary through the expression of gratitude, promoting mindfulness and present-moment awareness, and potentially increasing positive thinking while reducing negative emotions.

Bilateral coordination activity (dumplings and sticks):

- Increases patience
- Concentration & focus
- Enhances right & left brain activity

**Date: 30/10/2024**

**Session 12**

- Concentration & focus
- Assertive Communication with parents

**Date: 9/11/2024**

**Session: 13**

- Home safety and behaviour
- Activity for focusing and eye-hand coordination, fine motor skills
- Parental discussion

**Date: 19/11/2024**

**Session 14**

- Home safety and behaviour
- Assertive Communication with parents