

Concentration Exercises for Groups

Advice by the Institute of Women's and
Men's Health/ Project NEDA

Concentration

Concentration is the mode of paying attention to specific, relevant information and suppress irrelevant information.



Did you know?

Concentration can be trained! Concentration exercises do not have to be exhausting, they can also be playful and implemented in daily life.

Basis

Good concentration needs the right foundation. Enough sleep, enough water, a calm environment and inner peace are important to be able to concentrate.



Concentration Games

Counting Letters

Everyone gets a newspaper article handed out. Then, everyone is assigned two letters that need to be counted in the article. After a starting signal, everyone searches their article for their assigned letters. The game is over when the first person says „Stop“ because they scanned the whole article for their assigned letters.



Detective Game

The players are sitting across from one another. One Person (Person A) takes a certain body posture and stays in it. Person B looks at person A and tries to memorize their posture and characteristics as precisely as possible. Then they close their eyes. Person A changes one thing about themselves (e.g., turning the collar of their shirt). Then, person B opens their eyes again and guesses what was changed. As soon as person B guesses the change, the game is over. The roles can be reversed.



CONTACT INFORMATION - PROJECT NEDA:

FEM (Girls/Women): Klinik Floridsdorf, Brünner Straße 68/A3/Top 14, 1210 Wien - Tel.: +43 1 27700 5600

FEM Süd (Girls/Women): Klinik Favoriten, Kundratstraße 3, 1100 Wien - Tel.: +43 1 60 191 5201

MEN (Boys/Men): Klinik Favoriten, Kundratstraße 3, 1100 Wien - Tel.: +43 1 60 191 5454

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Concentration Exercises for Yourself

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Concentration Exercise



Observing an Object

Look for an object (e.g., a stone or a candle) and observe it closely. Try not to think about anything else. At first, it can be difficult to just think about the object. Do not overwhelm yourself! Try to begin with looking at the object for 10 seconds and then increase the duration.



Remembering backwards

Think about what you have done in the last half hour. Start with the last thing you did and then go through all activities step by step. Try to remember details, too. You will see: This is not that easy. However, you will calm down and stimulate your concentration.

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