

Name _____ Date _____ Time taken _____

What this sheet trains

Divided attention - holding a second rule in mind while your main attention is busy elsewhere. This is the skill behind listening to a teacher while taking notes, or checking your working while solving the next step.

Strategy: anchor and sweep. Give the main task your focus and let the second task run as a quick, automatic check - do not swap your full attention back and forth.

1 Read and tally

Main task: read the passage once. Second task: the counting rule below.

Counting rule

Every time you read the word pipe or pipes, make one tally mark in the box at the foot of the page. Do not go back and re-read. One pass only.

Iceland sits on a crack in the Earth's crust, where hot rock rises close to the surface. Rain and melted snow sink into the ground and meet that heat. The water turns to boiling. In many Icelandic towns, nobody burns oil or gas to stay warm. People simply bring the hot water up and send it down a pipe.

The system is clever but simple. A well is drilled deep into the rock, and the hot water rushes up under its own pressure. From there a thick pipe carries it towards the nearest town. That pipe is wrapped in insulation, so the water loses only a little heat on the journey. Smaller pipes branch off beneath the streets. They feed the radiators in homes, schools and swimming pools.

Some pipes are buried under pavements and car parks. In winter they melt the snow before anyone reaches for a shovel. The same underground heat spins turbines that make electricity. One pipe laid in the 1930s is still carrying water today. Iceland is a cold, windy island, yet nearly all of its heating arrives through a pipe from the rock below. Useful energy, it turns out, is sometimes hiding in plain sight.

Tally here - one mark per pipe or pipes

Make the marks as you read, then write your total before turning the page.

Total

1 Questions - cover the passage first

Answer from memory. Do not look back at the passage.

My tally total

From page 1

Q1. What heats the water that Icelandic towns use?

Q2. Why is the main pipe wrapped in insulation?

Q3. Why would this heating method be hard to copy in a country far from such hot rock?

Q4. What point is the writer making in the final sentence about energy?

2 Grid sweep with a running count

Main task: cross out targets. Second task: keep a count in your head.

Rules - read both before you start, then start the timer

Main: cross out every number that is a multiple of 3.

Second: count - silently, no marks - how many numbers end in 5. Write the total in the box only when you have finished the whole grid.

94	79	85	92	72	47	52	82	92	82	43	35	30	41	61	59
19	59	65	35	86	82	83	23	58	68	58	77	64	13	38	53
46	71	55	52	33	55	10	98	19	66	69	91	56	43	29	53
83	86	95	29	58	44	61	19	37	95	38	46	97	43	92	91
26	71	73	25	95	65	60	76	59	99	17	16	13	83	17	47
68	64	54	32	97	50	70	18	22	64	98	82	59	59	42	28
77	43	49	19	21	44	29	65	34	50	57	19	89	42	73	43
79	43	50	89	80	98	65	83	67	74	36	41	87	31	40	64

Stop the timer when the grid is finished, not when you write the total.

Numbers ending in 5

Write it once the grid is done

3 Copy and total

Main task: copy each row of digits. Second task: keep a running total.

Rules

Main: copy each three-digit group into the box beside it, in order.

Second: add the middle digit of every row to a running total as you go.

Write the running total in the box at the end of each row - from memory, not by going back and adding up at the end.

	Copy here	Running total
9 6 1		
9 4 5		
4 6 7		
4 2 7		
1 6 5		
7 2 5		
1 9 3		
6 4 7		
8 2 6		
8 3 5		
9 2 2		
8 6 9		

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. Of your two tasks today, which one lost your attention first, and what pulled it away?

Q2. When you read and take notes together, what do you usually miss?

Q3. Which part of your day asks you to watch two things at once?

Answer key

Task 1 · tally
pipe or pipes

7

Task 2 · crossed out
multiples of 3

15

Task 2 · counted
ending in 5

13

Task 3 · final total
middle digits

52

Task 1 - suggested answers

- Q1. Hot rock close to the surface heats rain and melted snow that has sunk into the ground.
- Q2. The insulation keeps the heat in, so the water is still hot when it reaches the town.
- Q3. You need hot rock near the surface to boil the water; without it, there is nothing to tap.
- Q4. That valuable energy can sit unnoticed nearby, and it is worth looking for what is already there.

Notes for the parent or teacher

- Mark the two tasks separately. A student who scores well on the main task and loses the count has not failed - that is the normal pattern, and it is the thing worth discussing.
- Do not prompt or remind during a task. The reminder is the skill.
- An untimed run is a valid run. Record the time only if the student wants to beat it next week.
- Repeat the sheet after a week rather than straight away. Spacing is what makes the gain stick.
- This is attention practice, not an assessment. It does not diagnose anything, and no sheet of this kind should be read as a measure of ability.