

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 bean or beans, make one tally mark in the box at the foot of the page. Do not go back and re-read. One pass only.

Chocolate begins on a small tree in a hot, damp country such as Ghana. Fat pods grow straight out of the trunk rather than from the branches. Inside each pod sits a cluster of pale bean seeds wrapped in sweet white pulp. A fresh bean does not taste of chocolate at all. It is bitter, and faintly sour.

The flavour is made on the farm. Farmers heap the beans and pulp together under banana leaves for about a week. In that warmth the pulp ferments, and chemical changes inside each bean build the taste we know. The beans are then spread out to dry in the sun. Workers turn them by hand so that every bean dries evenly.

At the factory the beans are roasted, cracked and ground into a thick brown paste. Sugar is mixed in, and usually milk powder as well. The paste is stirred for hours until it is smooth. Only then does the bean become a bar. The whole journey takes months. It is worth remembering one thing, though. The farmer who grew those beans has often never tasted the finished chocolate, and earns only a small share of its price.

Tally here - one mark per bean or beans

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. Where does chocolate begin, and what grows out of the tree's trunk?

Q2. Why are the beans left under banana leaves before they are dried?

Q3. Why would a factory refuse beans that had been dried unevenly?

Q4. What is the writer asking you to think about at the end?

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 8. Write the total in the box only when you have finished the whole grid.

40	32	31	95	92	49	98	89	71	85	77	59	10	96	11	43
16	53	69	31	54	40	54	25	15	41	43	14	10	13	40	65
25	37	59	23	51	14	97	67	97	88	44	44	43	95	92	19
65	68	16	83	75	82	44	13	74	91	22	19	35	37	58	20
31	59	85	44	26	38	91	83	61	21	28	90	97	41	13	91
53	46	65	56	98	79	97	91	33	26	34	38	58	61	37	11
66	41	23	58	21	65	89	22	94	71	98	29	31	30	22	86
91	30	97	93	85	86	17	68	89	86	29	86	92	76	88	53

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

Numbers ending in 8

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
2 5 1		
7 4 6		
8 7 9		
5 5 9		
7 6 8		
1 8 6		
3 3 1		
1 2 9		
4 6 3		
3 4 2		
4 6 8		
6 1 8		

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. Which of your two jobs faded first today, and what do you think caused it?

Q2. Where in your school day do you have to keep a count while also listening?

Q3. What one habit would make it easier to pick a task back up after you lose your place?

Answer key

Task 1 · tally
bean or beans

9

Task 2 · crossed out
multiples of 3

15

Task 2 · counted
ending in 8

13

Task 3 · final total
middle digits

57

Task 1 - suggested answers

Q1. It begins on a tree in a hot, damp country such as Ghana, where fat pods grow from the trunk.

Q2. The pulp ferments in the warmth, and the changes inside the beans build the chocolate flavour.

Q3. Damp patches would spoil or go mouldy, so the beans would taste wrong and could not be used.

Q4. That the farmers who grow the beans get little of the money, and may never taste the chocolate.

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.