

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

Every autumn, a butterfly no heavier than a paperclip leaves Canada and flies south. Monarch butterflies travel thousands of kilometres to a handful of cool mountain forests in Mexico. No single butterfly has made the trip before, and none carries a map. Somehow each butterfly still finds the same small patch of trees.

Scientists think the butterfly steers by the sun. It uses an inner clock to correct for the way the sun moves across the sky. On cloudy days a butterfly seems to sense the Earth's magnetic field instead. The insects glide where they can, riding rising warm air to save the energy in their tiny bodies. Flapping all day would wear them out long before Mexico.

In Mexico the butterflies cluster on fir trunks in their thousands, so thickly that the bark disappears. The cool mountain air slows their bodies down and keeps them alive until spring. A warmer winter would burn their fuel too fast. Then they fly north and lay eggs, and their children and grandchildren carry the journey on. The whole migration depends on a few hillsides staying forested, which is why those slopes are now watched so carefully.

Tally here - one mark per butterfly or butterflies

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 do monarch butterflies spend the winter after leaving Canada?

Q2. How does a monarch work out which way to fly?

Q3. Why is it surprising that the butterflies reach the same forests every year?

Q4. Why does the writer end by mentioning the forested hillsides?

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

29	14	14	55	36	94	52	55	50	58	86	32	51	34	89	83
57	70	85	93	80	58	38	86	59	96	46	17	71	62	46	94
85	23	14	14	11	22	77	60	79	67	43	13	22	62	10	96
29	71	82	90	56	65	52	82	88	44	50	91	17	97	47	98
28	13	46	79	89	83	46	88	59	28	54	58	64	97	83	68
79	81	46	62	83	73	52	95	53	28	13	45	80	28	28	70
25	89	94	37	68	66	56	61	29	43	17	49	52	23	28	88
90	24	14	79	98	74	46	89	68	67	15	32	86	94	53	16

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

Numbers ending in 2

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

4 Bridging - answer in a sentence each

Where this shows up outside the sheet.

Q1. While reading and tallying, which task slipped out of your grip first, and why that one?

Q2. What is the longest you can stay with a reading task before your mind drifts?

Q3. Which sounds at home make it hardest for you to hold two jobs at once?

Answer key

Task 1 · tally
butterfly or butterflies

7

Task 2 · crossed out
multiples of 3

15

Task 2 · counted
ending in 2

13

Task 3 · final total
middle digits

59

Task 1 - suggested answers

- Q1. They spend it in a few cool mountain forests in Mexico, clustered on fir trunks.
- Q2. It steers by the sun, correcting for its movement, and senses the magnetic field when cloudy.
- Q3. None of them has made the journey before and they have no map, yet they still arrive.
- Q4. The whole migration rests on those small patches of forest, so losing them would end it.

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.