



How do you hold children's attention?

Most children have short attention spans. So how do you catch their attention, and keep them motivated and engaged?

By breaking up long lessons into short segments that are no longer than 5 minutes each.

Here's an example of how you do it with a 45 minute lesson:

- Welcome and introduction for 2-3 minutes
- Prayer for 1-2 minutes
- Worship songs for 5 minutes
- Bible reading for 2-3 minutes
- Memory verse for 1-2 minutes
- Explain the Bible passage for 5 minutes
- Questions and discussion for 5 minutes
- Snack for 1-2 minutes
- Video, story or contemplative activity for 2-3 minutes
- Experiential game for 5 minutes
- Tactile activity for 5 minutes (e.g. painting, Lego construction, clay modeling)
- Review and application for 2-3 minutes
- Prayer for 1-2 minutes

The place where you meet should be comfortable and free from visual, auditory or other distractions. Give children an active role, share your enthusiasm, relax and be yourself. When necessary, use attention grabbers like "1, 2, 3 eyes on me" or clap three times. You should also make sure that the lesson is suitable for aural, visual, kinaesthetic, logical, verbal, solitary and social learning styles. Being energetic, maintaining the tempo of the lesson, taking movement breaks, being aware of temperaments, having different people facilitating the different segments, and repeatedly emphasizing Jesus also helps children reengage and refocus their attention.

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