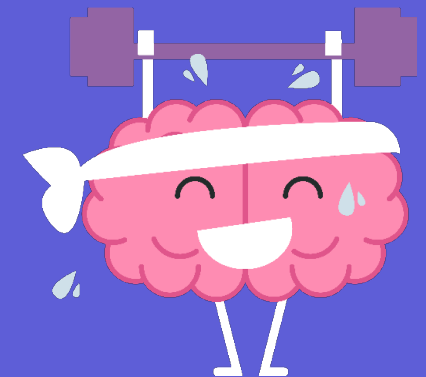


# Attention program

15 minutes a day during 4 weeks to improve your attention





# Attention program

Week 1

15 minutes/day

<input type="checkbox"/>		ColorMind <b>x3</b> (Easy)	Flushing <b>x3</b> (Easy)	Musical Ear <b>x3</b> (Easy)	<a href="#">See index 1</a>
<input type="checkbox"/>		Noah's Ark <b>x3</b> (Easy)	Pop Balloons <b>x3</b> (Easy)	Crazy Waterfall <b>x3</b> (Easy)	<a href="#">See index 2</a>
<input type="checkbox"/>		Rest day			
<input type="checkbox"/>		Crazy Chessboard <b>x3</b> (Easy)	Furious Cards <b>x3</b> (Easy)	Puzzle Plus <b>x3</b> (Easy)	<a href="#">See index 3</a>
<input type="checkbox"/>		Granny Cooks <b>x3</b> (Easy)	Flying Balloons <b>x3</b> (Easy)	Sudoku <b>x3</b> (Easy)	<a href="#">See index 4</a>
<input type="checkbox"/>		Rest day			
<input type="checkbox"/>		Twins <b>x3</b> (Easy)	Calculus <b>x3</b> ("4 Answers" mode - Easy)	Shapebox <b>x3</b> (Easy)	<a href="#">See index 5</a>



# Attention program

Week 2

15 minutes/day

<input type="checkbox"/>	Simili <b>x3</b> (Easy)	Panurge <b>x3</b> ("Fast Shepherd" mode - Easy)	Moles Invasion <b>x3</b> (Medium)	<a href="#">See index 6</a>
<input type="checkbox"/>	<div>z<sup>z</sup> Rest day z<sup>z</sup></div>			
<input type="checkbox"/>	Clint the Pirate <b>x3</b> (Medium) <div>Search for the fastest route!</div>	Congested Parking <b>x3</b> (Medium) <div>Anticipate a move's effects before doing it</div>	Snowball Effect <b>x3</b> (Medium)	<a href="#">See index 7</a>
<input type="checkbox"/>	Silly Sequence <b>x3</b> (Medium)	Syllabus <b>x3</b> (Easy)	The Hangman <b>x3</b> (Easy) <div>Begin with the most common letters!</div>	<a href="#">See index 8</a>
<input type="checkbox"/>	<div>z<sup>z</sup> Rest day z<sup>z</sup></div>			
<input type="checkbox"/>	The Walker <b>x3</b> (Easy)	Furious Cards <b>x3</b> (Medium)	Crazy Waterfall <b>x3</b> (Medium)	<a href="#">See index 9</a>
<input type="checkbox"/>	Noah's Ark <b>x3</b> (Medium)	Twins <b>x3</b> (Medium)	Flying Balloons <b>x3</b> (Medium)	<a href="#">See index 10</a>



# Attention program

Week 3

15 minutes/day

<input type="checkbox"/>		<div>zZ Rest day zZ</div>		
<input type="checkbox"/>		Calculus <b>x3</b> (Medium)	Colorform <b>x3</b> (Hard) <div>Pay attention to the changing instructions!</div>	Moles Invasion <b>x3</b> (Hard) <a href="#">See index 11</a>
<input type="checkbox"/>		Pop Balloons <b>x3</b> (Medium)	Panurge <b>x3</b> ("Quick Shepherd" mode - Hard)	Shape Boxes <b>x3</b> (Medium) <a href="#">See index 12</a>
<input type="checkbox"/>		<div>zZ Rest day zZ</div>		
<input type="checkbox"/>		Crazy Chessboard <b>x3</b> (Hard)	Sudoku <b>x3</b> (Medium)	Puzzle Plus <b>x3</b> (Hard) <a href="#">See index 13</a>
<input type="checkbox"/>		The Musical Ear <b>x3</b> (Hard)	Quizzle <b>x3</b> (Medium)	A Card A Date <b>x3</b> (Medium) <a href="#">See index 14</a> <div>Try to find an anecdote associated with the event</div>
<input type="checkbox"/>		<div>zZ Rest day zZ</div>		



# Attention program

Week 4

15 minutes/day

<input type="checkbox"/> Monday	Furious Cards <b>x3</b> (Hard)	Syllabus <b>x3</b> (Hard)	Silly Sequence <b>x3</b> (Hard)	<a href="#">See index 15</a>
<input type="checkbox"/> Tuesday	Simili <b>x3</b> (Hard) <div>Focus on the colors of the pictures </div>	The Walker <b>x3</b> (Medium)	Congested Parking <b>x3</b> (Hard)	<a href="#">See index 16</a>
<input type="checkbox"/> Wednesday	<div> Rest day </div>			
<input type="checkbox"/> Thursday	Twins <b>x3</b> (Hard)	Calculus <b>x3</b> (Medium)	Shape Boxes <b>x3</b> (Hard)	<a href="#">See index 17</a>
<input type="checkbox"/> Friday	Snowball Effect <b>x3</b> "Careful" mode - Hard <div>Picture the entire route before pressing on an arrow </div>	Panurge <b>x3</b> ("Careful Shepherd" mode - Hard)	Flushing <b>x3</b> (Hard)	<a href="#">See index 18</a>
<input type="checkbox"/> Saturday	<div> Rest day </div>			
<input type="checkbox"/> Sunday	Clint the Pirate <b>x3</b> (Hard)	The Hangman <b>x3</b> (Hard)	Noah's Ark <b>x3</b> (Hard) <div>Try to identify the hidden cards </div>	<a href="#">See index 19</a>

# Your coach CLINT's explanations



## Week n°1



### Index 1

To focus on only one element and “delete” all unnecessary information that could distract us, we need **focused attention**.

### Index 2

In daily activities, we have to handle multiple tasks at the same time. This calls on your **divided attention**, which we will work on today.

### Index 3

We often use our attention combined with other cognitive functions, like memory or visual abilities. **Associating different cognitive functions** can help us get better performances.

### Index 4

**Focused attention** allows us to stay focused during a long task, like reading a book, watching a movie or going out during the day.

### Index 5

To make training more enjoyable, you can play in 2 players mode in our applications. Don't hesitate to **share** those moments with your loved ones.

## Week n°2



### Index 6

Maintaining good focus allows us to keep a good **responsiveness**. Today's games will help us to answer and find the solution as fast as possible.

### Index 7

In order to complete a task, we have to think about all the **different means** to do it. It's important to find the fastest solution, but also the most efficient one.

### Index 8

Detecting received external pieces of information and **making links** between them and the information we already have allows us to better understand the situation and improve already acquired abilities.

### Index 9

Being careful with something also means doing things in the right order. Knowing the right **sequencing** of an act allows us to reach the objective, little by little.

### Index 10

In our environment, there are multiple stimuli which can become elements of **distraction**. It is important to keep a broad vision of all elements, but also to focus only on the most important things.

# Your coach CLINT's explanations



## Week n°3



### Index 11

One of the cognitive functions linked with attention is **inhibition**. It allows us to stop ourselves when we are about to do an act considered inappropriate, dangerous or "bad".

### Index 12

In today's games, you need **to wait for the right moment** to act. Analyzing the situation to know when to intervene is essential in our daily lives.

### Index 13

We use our attention in numerous activities. Today, we offer a **digital version** of your "classical" games. This allows you to train with your favorite games anywhere and at anytime.

### Index 14

**General knowledge** can help us to focus better. Today, we offer games where you have to use your knowledge while being careful with elements shown on screen.

## Week n°4



### Index 15

In order to do a task, sometimes we need to **follow a precise order**, but there can be multiple options. Attention helps us analyze all elements and find the best strategy.

### Index 16

As of now you have trained all of your focus. Try to **analyze** carefully all possible elements, objects and combinations to find the best solution.

### Index 17

**Play with your friends** to see your progress. Challenge them to find new strategies or new techniques.

### Index 18

Today we will work on **Focused attention**. Try to play the games as long as possible without making any mistakes.

### Index 19

Here is the last session. Afterwards, you can go back to the beginning of the program and restart, **level up the difficulty** by going from the easy mode to medium to hard... The goal being to complete all the games in hard mode.