ATTENTION SKILLS WORKBOOK

FOCUS QUEST

Calm, colorful visual activities that build attention, focus and pencil control



40
Activities

50
Pages

A4
Printable

Answer
key included

AUTISM-FRIENDLY DESIGN

Ages 4 to 9 | Big work areas | Built-in FIRST / THEN rewards

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Welcome!

A note for parents, teachers and therapists

What is Focus Quest?

Focus Quest is a printable workbook of 40 short, screen-free activities that gently build attention, visual tracking and pencil control. Every page follows the same simple layout with a large work area, so children always know what to expect: read the instruction, complete one task, color a star, then enjoy a reward.

Skills practised

Visual scanning · Sustained attention · Visual coding · Working memory · Following instructions · Hand-eye coordination · Planning

Designed to be calm and predictable

- One clear task per page with a large work area for small hands.
- Soft, high-contrast colors with plenty of white space.
- The same page layout every time, for a reassuring routine.
- A FIRST / THEN box on every page shows the reward that comes after the task.
- Short, simple instructions you can read aloud, point to, or pair with gestures.

Tips for success

- Aim for one or two pages per sitting (5 to 10 minutes). Stop before your child is tired.
- Choose a quiet, comfortable spot with few distractions.
- Let your child pick the pencil, crayons or dot markers.
- Complete the first example together, then step back.
- Praise effort and focus, not only correct answers.
- Pages can be reprinted and adapted: trace with a finger, use stickers, or use a whiteboard.

Focus Quest is an educational activity resource. It is not a diagnostic tool and does not replace advice or therapy from a qualified professional. Every child learns differently, so adapt the pace to suit yours.

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Get Ready!

Routine

Follow these five steps before every page. Point to each step as you go.

1. **Sit comfortably**
   Feet down, back supported, pencil ready.

2. **Take 3 slow breaths**
   In through the nose, out through the mouth.

3. **Look carefully**
   Check the KEY at the top of the page.

4. **Do the page**
   Take your time. One thing at a time.

5. **Color a star!**
   Then enjoy your THEN reward.

MY PLAN FOR TODAY

FIRST	NEXT	LAST
draw or write	*draw or write*	*draw or write*

FIRST this page

THEN *(draw or write)*

Color a star: ☆ ☆ ☆

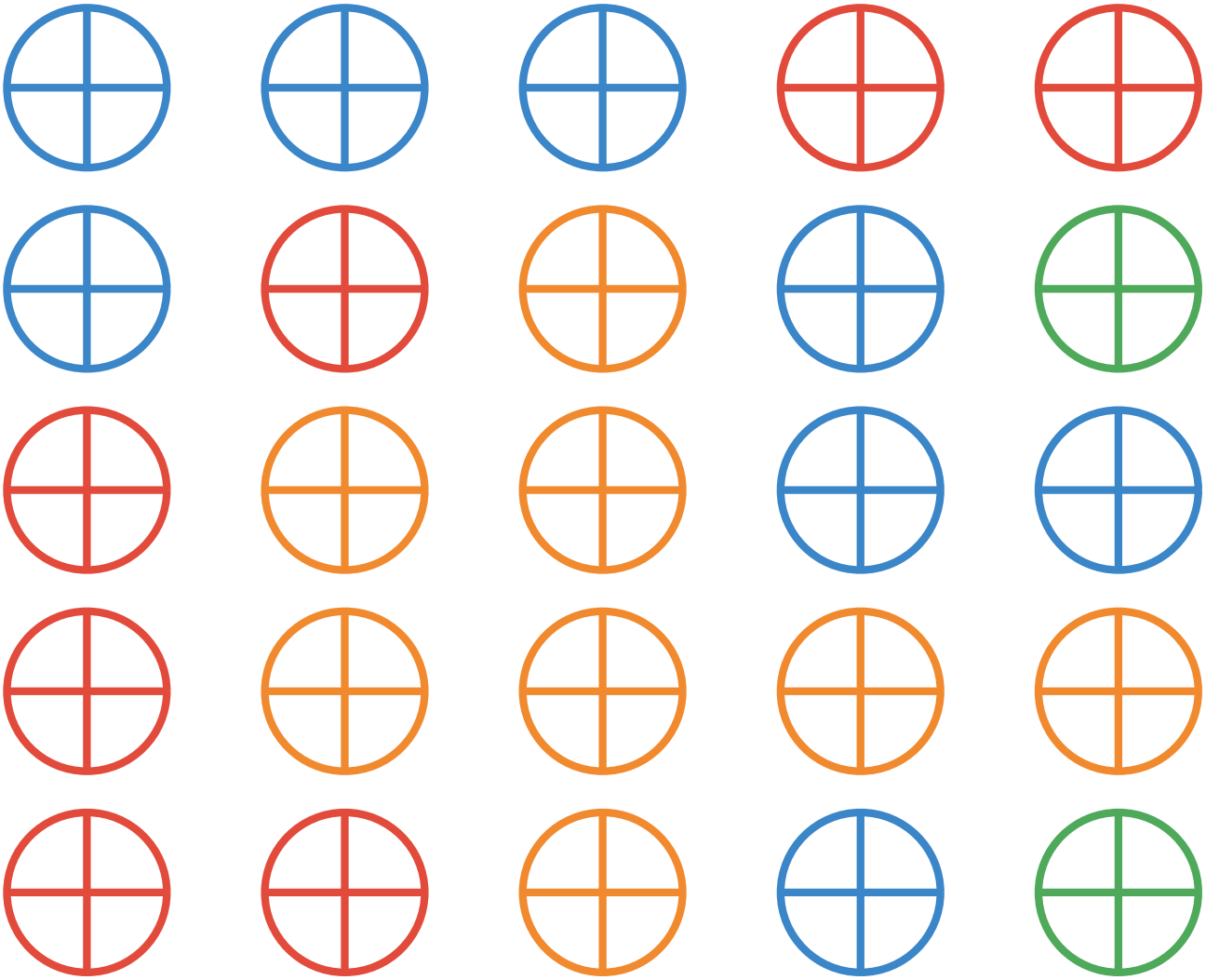
Dot Code

Visual coding

Look at the KEY. Each color has its own dot position. Draw a black dot in the correct spot in every circle.

KEY





FIRST this page

THEN *(draw or write)*

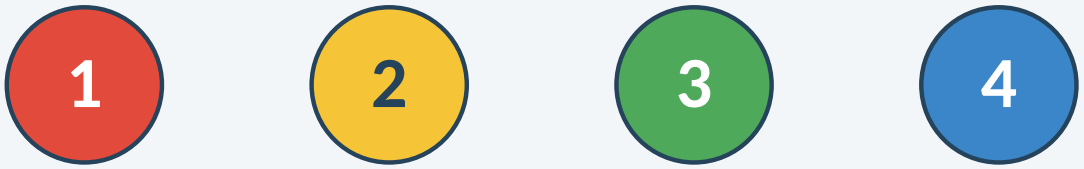
Color a star: ☆ ☆ ☆

Color Number Code

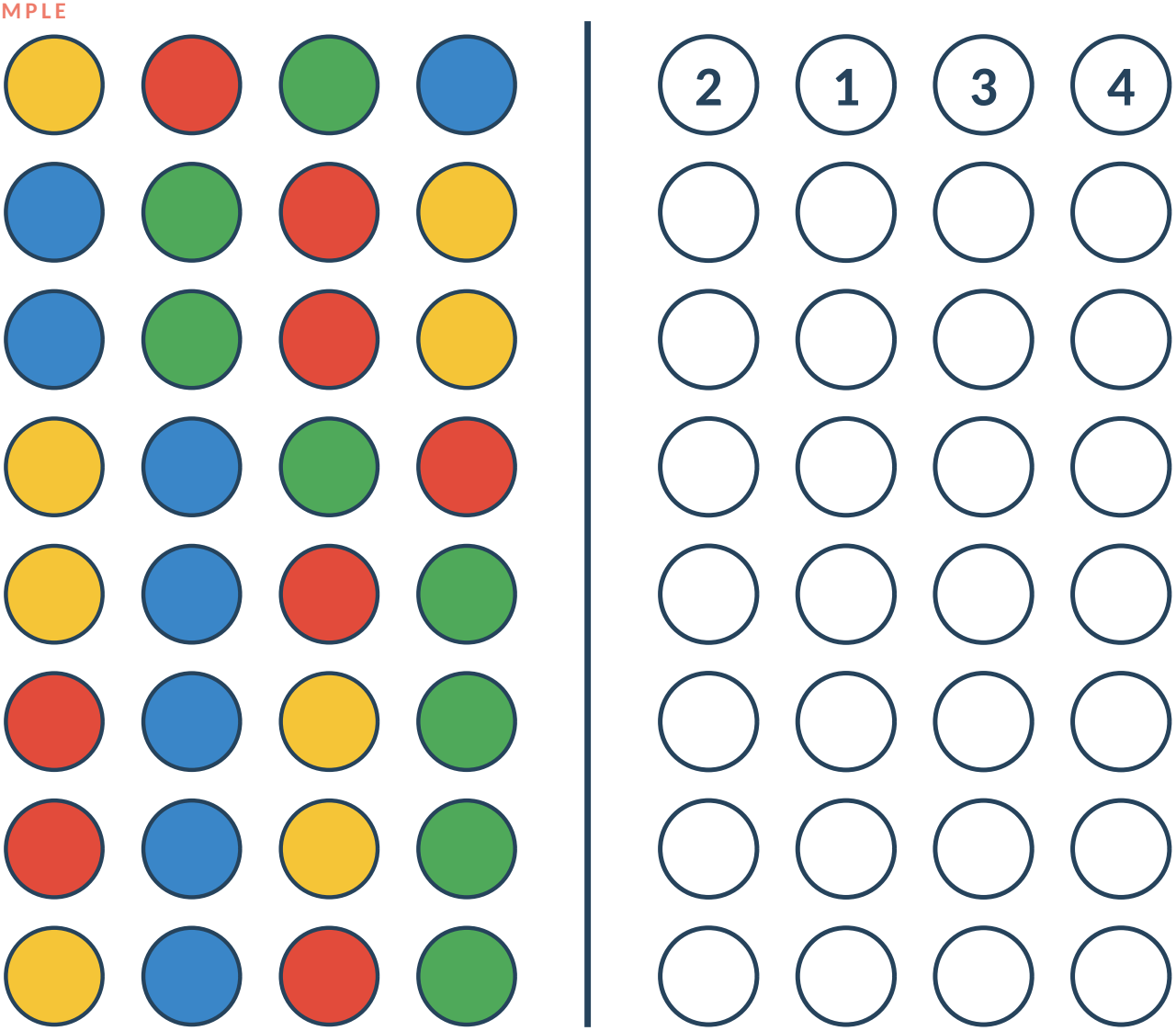
Symbol coding

Look at the colors on the left. Write the matching number in the empty circles on the right.

KEY



EXAMPLE



FIRST this page

THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Find & Circle 2

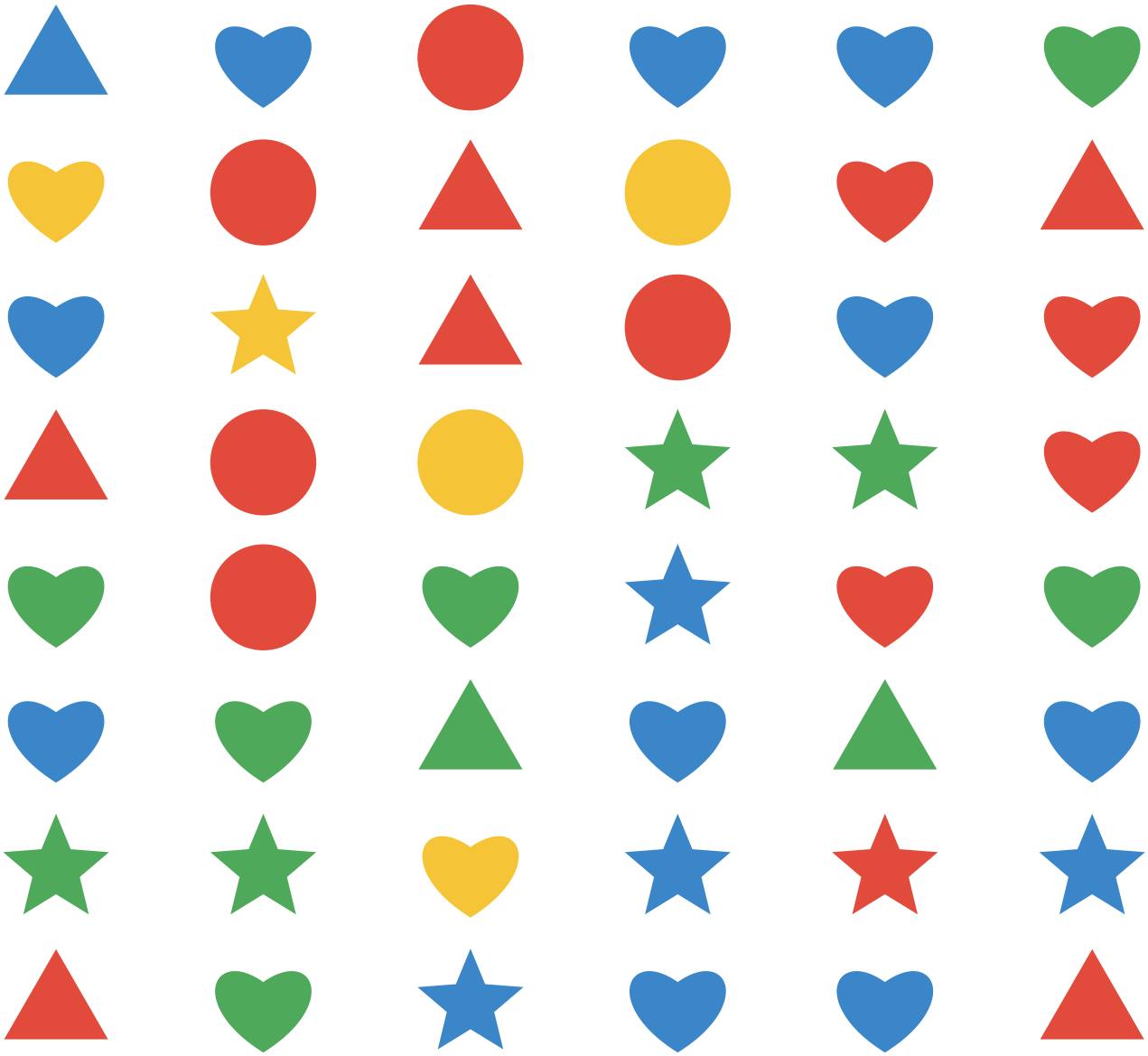
Visual scanning

Find every blue heart. Circle each one you see, then count them.

FIND THIS ONE



Circle every one.
Then count them!



I found ☐ **blue hearts!**

FIRST this page

THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Letter Hunt

Visual scanning

Find every letter b. Be careful: d, p and q look similar! Circle each b, then count them.

FIND EVERY

b

Careful! d, p and q look similar.

Circle each b, then count them.

q	p	q	b	p	p	d	b
b	b	b	d	q	p	q	p
p	q	d	d	d	p	d	q
q	p	q	b	d	q	b	p
p	q	d	b	p	b	b	b
p	b	p	q	q	d	q	q
q	b	q	q	q	d	b	p
b	q	p	d	d	b	b	q
p	b	b	p	p	d	q	p
p	p	p	p	q	p	p	d

I found ____ letter b's!

FIRST this page

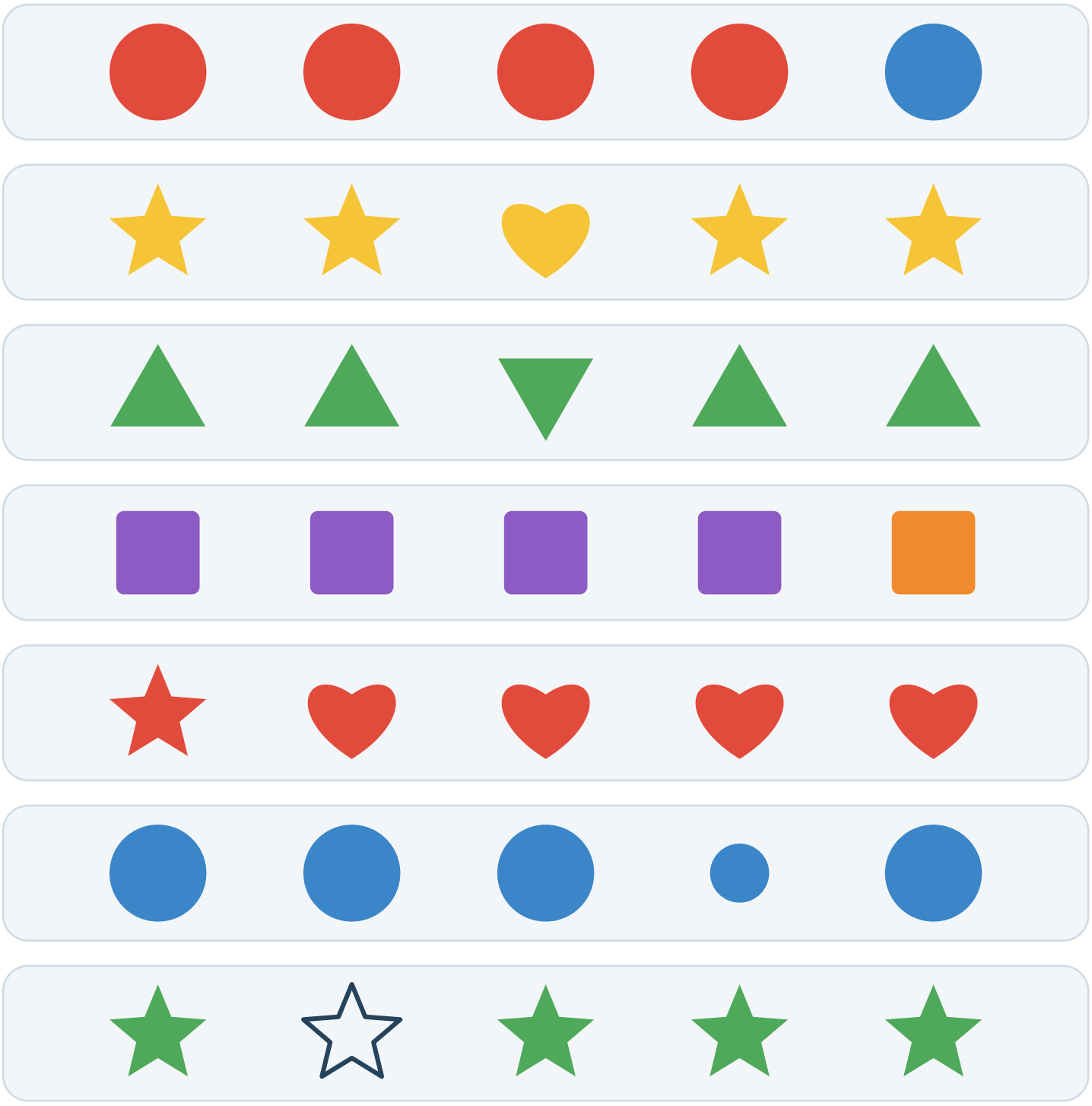
THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Odd One Out

Discrimination

In each row, one picture is different. Put a cross on the odd one out.



FIRST this page

THEN *(draw or write)*

Color a star:

Same or Different

Discrimination

Look at each pair. If they match exactly, circle SAME. If not, circle DIFFERENT.


SAME DIFFERENT


SAME DIFFERENT


SAME DIFFERENT


SAME DIFFERENT


SAME DIFFERENT


SAME DIFFERENT


SAME DIFFERENT


SAME DIFFERENT

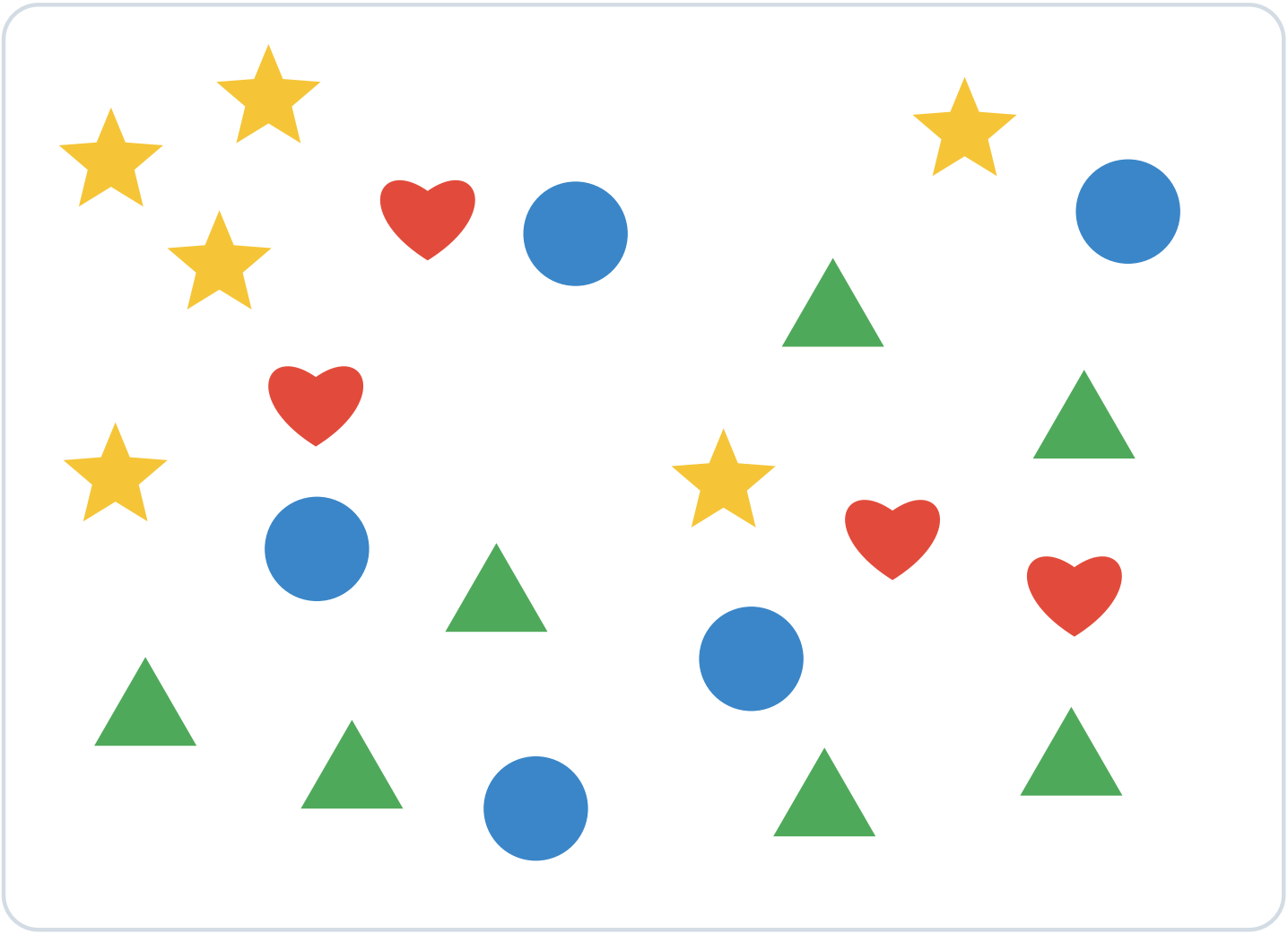
FIRST **this page** THEN *(draw or write)*

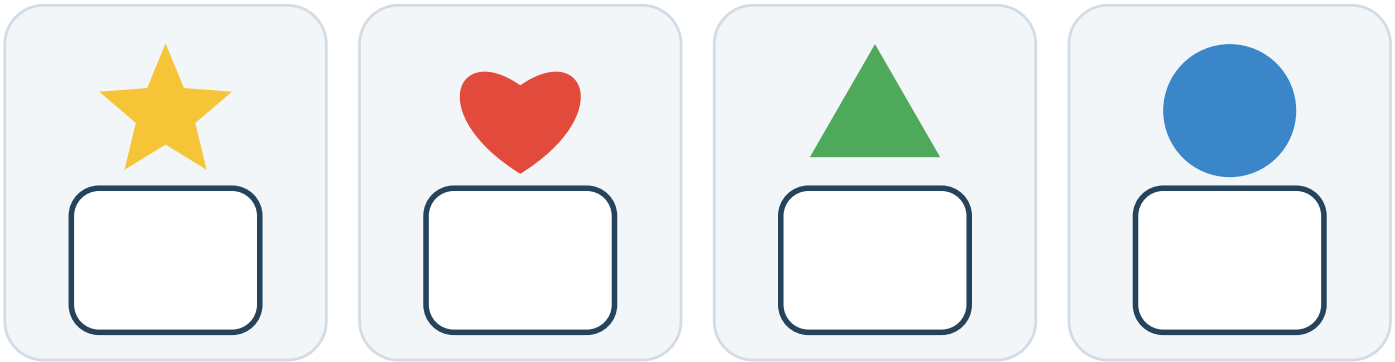
Color a star: ☆ ☆ ☆

Count the Shapes

Counting & focus

Look carefully at the picture box. Count each shape and write the number below.





FIRST this page

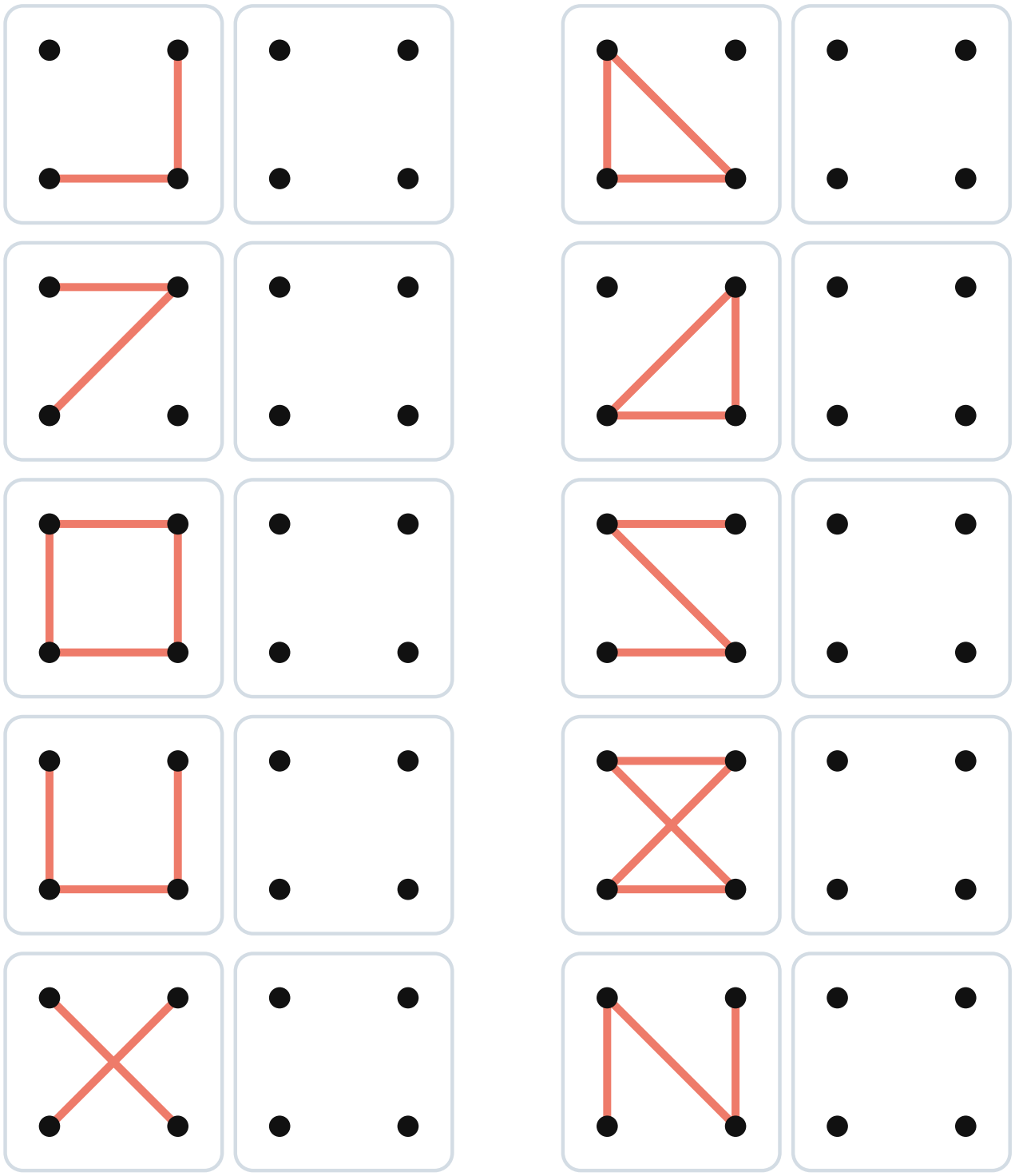
THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Copy the Pattern 1

Visual-motor copy

Look at the box on the left. Copy the lines into the box on the right by joining the same dots.



FIRST this page

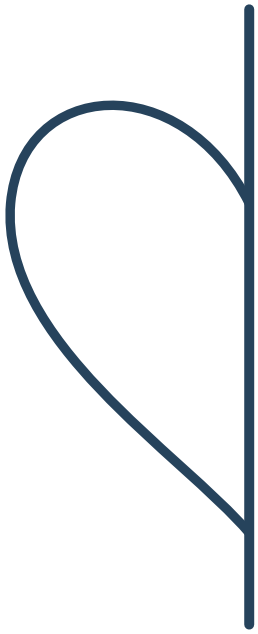
THEN *(draw or write)*

Color a star:

Mirror Drawing

Symmetry

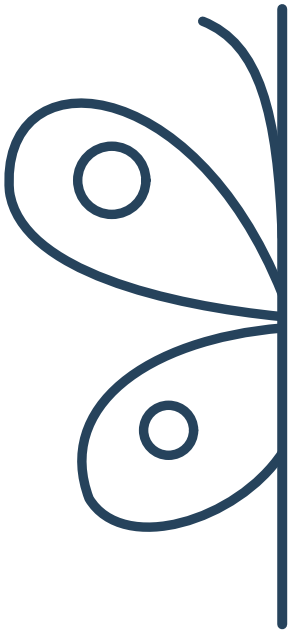
Each picture is only half finished. Draw the other half so both sides match.



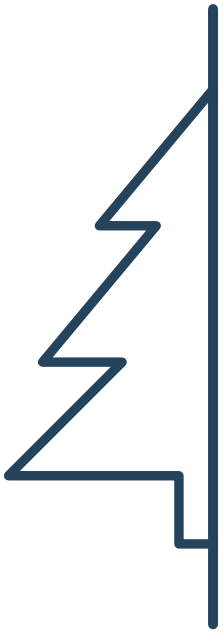
draw this side



draw this side



draw this side



draw this side

FIRST this page

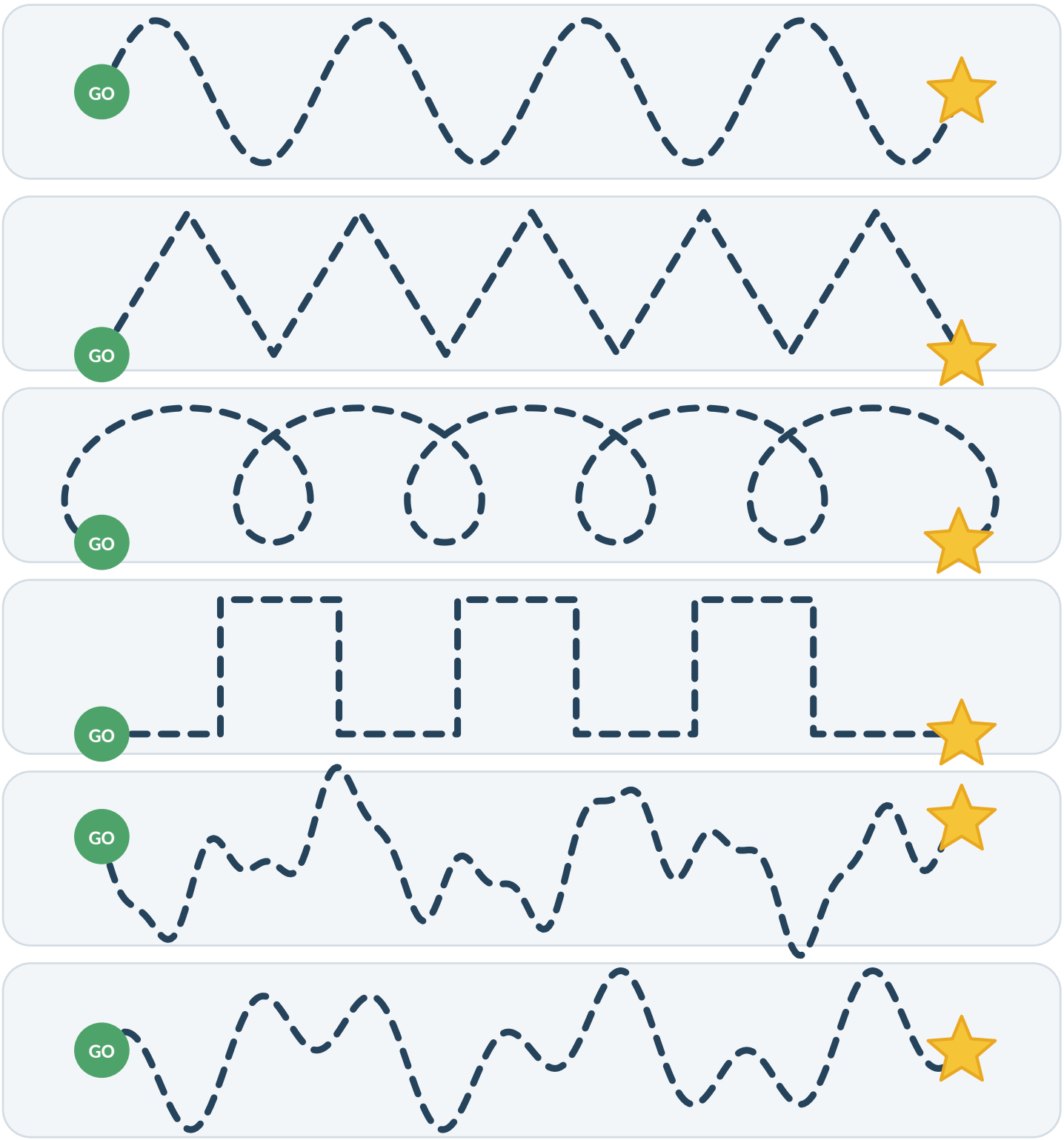
THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Trace the Path 2

Pencil control

Start at the green GO circle. Trace the dotted path with your pencil all the way to the star.



FIRST this page

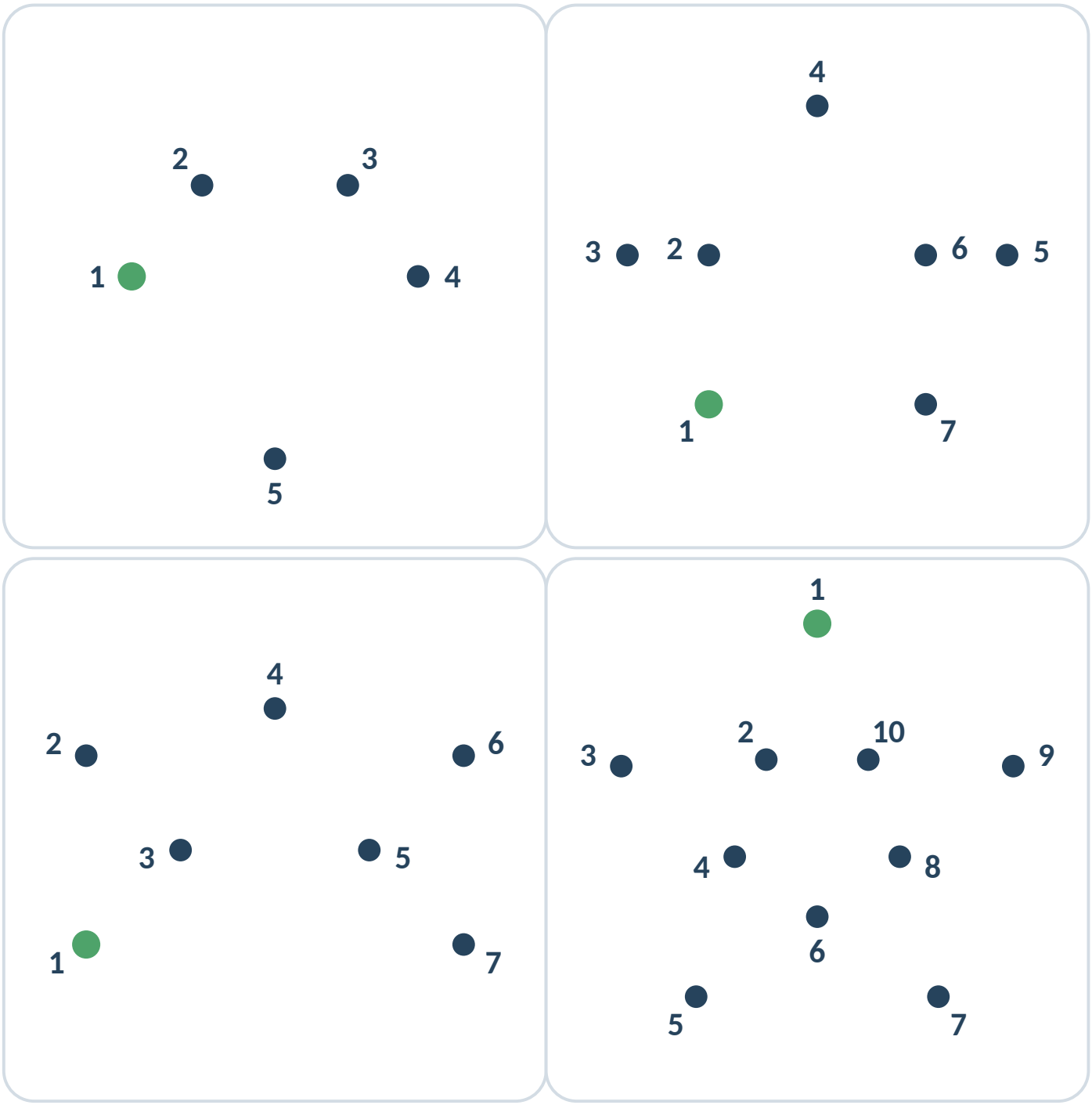
THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Dot to Dot

Number order

Join the dots in number order, starting at 1. Finish by joining the last dot back to 1.



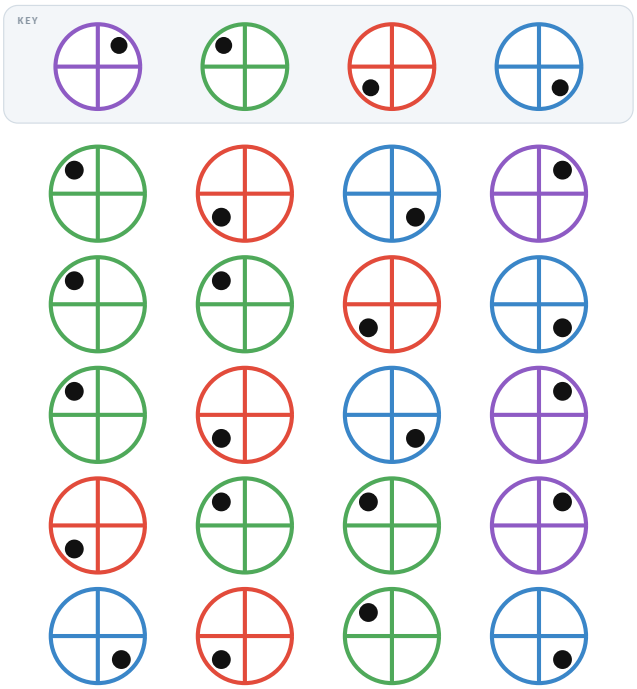
FIRST this page

THEN *(draw or write)*

Color a star: ☆ ☆ ☆

Answer Key

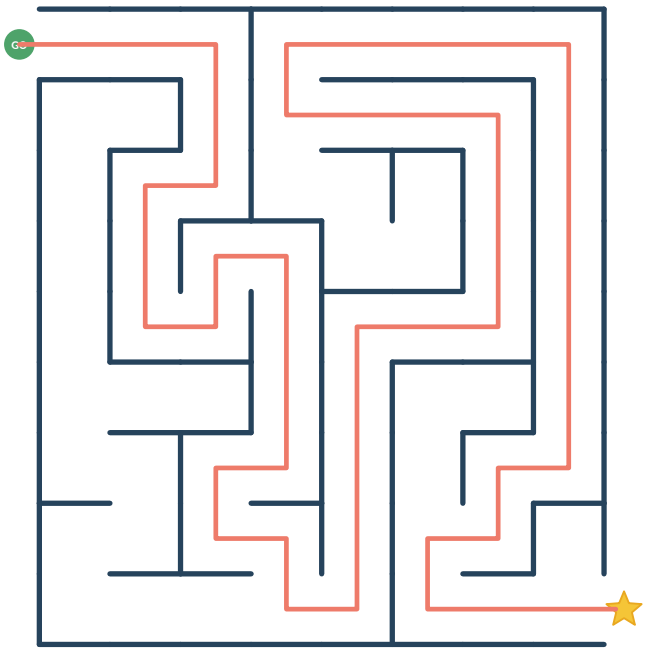
Activity 2: Dot Code 2



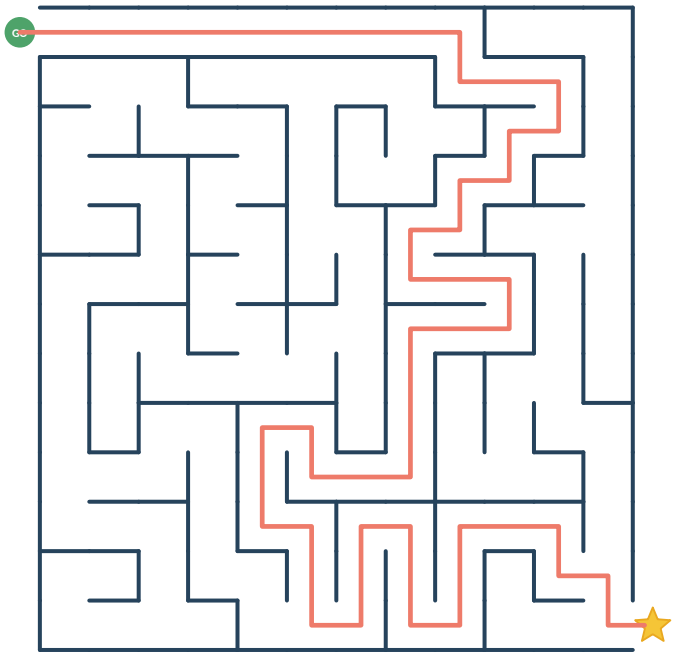
Activity 4: Arrow Code 2



Activity 30: Maze 1



Activity 31: Maze 2



Odd One Out (Activity 15), position of the odd picture: Row 1: 5, Row 2: 3, Row 3: 3, Row 4: 5, Row 5: 1, Row 6: 4, Row 7: 2

Same or Different (Activity 17): 1-Same, 2-Different, 3-Same, 4-Different, 5-Same, 6-Different, 7-Same, 8-Different

Letter Hunt (Activity 14): the letter b appears 19 times. Find & Circle 2 (Activity 12): 10 blue hearts.

Shape Code 2, Mark Code and Number Shape Code: check each answer against the KEY on its page.