

# Being attentive in Salah

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Being attentive and focusing takes practice, the more you do it the better you become. The following activity is one that helps your brain practice focus and concentration.

## Activity

1. Set up a tray with about 15-20 items. These items may include little knick knacks such as a button, an eraser, a pen, a paper clip, a piece of ribbon, a rubber band and so on
2. Cover the tray with a tea towel
3. Ask the students to sit around the tray and give them a paper and pencil
4. Remove the tea towel and give them about 30 seconds to look at the items, at this point they should not be writing anything down
5. Cover the tray and give them 2 minutes to write down the items on the tray
6. Go through the items and see how many they managed to write down correctly
7. Make some changes to the items in the tray and repeat the exercise a few more times
8. The students will notice they get better at the game each time they play

## **Discussion**

The more you played the game the better you became at it. In the same way, the more you practice concentrating in salah the better you will become at it and you won't get distracted as much. Every time you pray your salah make a conscious effort that you will stay attentive, the first few times may be difficult but the more you practice the easier it will become.

## Variation

You can make the game a little harder by removing 2 objects from the tray and have the students tell you what the missing objects are.