

Losing concentration?

Fidget to Focus

 varies

-  • A Play Pouch
- A random mix of LEGO bricks and elements

Why?

Some people find it very hard to focus during meetings. Often these can be exactly the people whose input is critical. But people can find it very difficult to conform to a meeting format where they need to sit, listen and process.

Providing team members with material they can fidget with may allow them to **focus more effectively and contribute in meetings** while keeping their hands busy.

What?

It is quite likely that some of the top achievers in your team find it difficult to focus during meetings. You might see this displayed in nervous habits or in daydreaming or other disruptive behaviour.

If this is occurring in your meetings, **try permitting your team members to fidget**. If you already have a cluttered meeting room table this may happen naturally. However, if you need some designated fidgeting materials, you can use LEGO bricks.

How?

Keep the LEGO materials in a Play Pouch or a tub. This allows the table to be cleared quickly if you need to do another activity. Place the materials in the middle of the table, and start.

Fidget Rules

It's OK to

- Play at any time, as long as it is quiet and you listen.
- Share a model when this is not disruptive to the meeting
- Build a model as part of the response to a meeting question/topic

It's not OK to

- Disrupt the meeting by talking about the model.
- Distract others in the meeting.
- Zone out, not participate in the meeting.