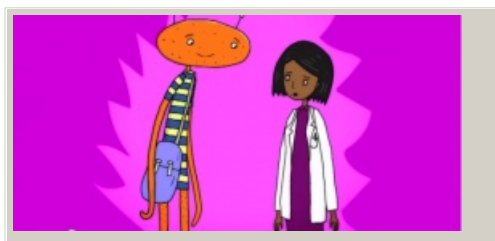


Help ākongā to focus

Examples of strategies learners can use to manage their behaviour and increase their attention and focus.



Video hosted on Youtube <http://youtu.be/cxZitV18pfw>

No captions or transcript

Source:

[ADHDVoices \(UK\)](#)

<https://www.youtube.com/watch?v=cxZitV18pfw>

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