

CONCENTRATION AID

Description

This resource is a task-focusing incentivizer. It creates a virtual forest in which you can plant seeds and grow them only when not using the phone.

This tool exploits positive reinforcement for encouraging not using the phone during preestablished time lapses.



Stay focused, be present



Price: Free

This resource can be helpful for students with:

- Attention related difficulties
- Study time span related difficulties



Accessibility grade

The resource fosters the focus on work tasks in a visually satisfying way.

Practical use

Use the app to tease the student to not use the smartphone during worktime in exchange of a virtual prize. This resource fosters task focus for longer periods of time by setting a desired time span and aim to extend it slowly. A group-focus mode can also be set to ensure group concentration.



DIGITALL

HOW TO USE?

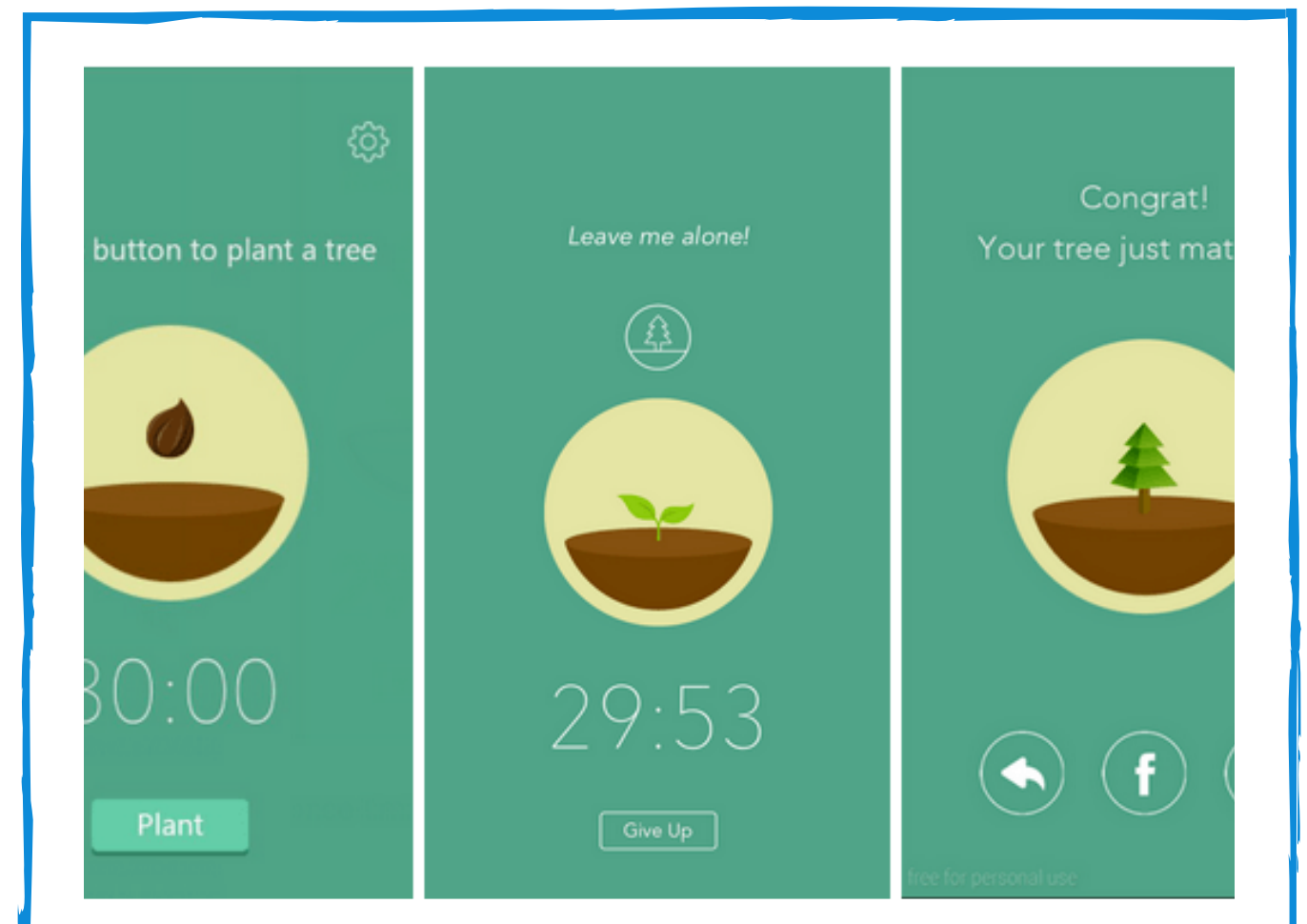


STUDENT

Plant a seed, set the time desired and focus on your tasks while the plant grows. Use the token rewards to obtain new plants and grow your personal virtual forest.

Step 1.

Choose the plant you wish to grow and set the desired waiting time.



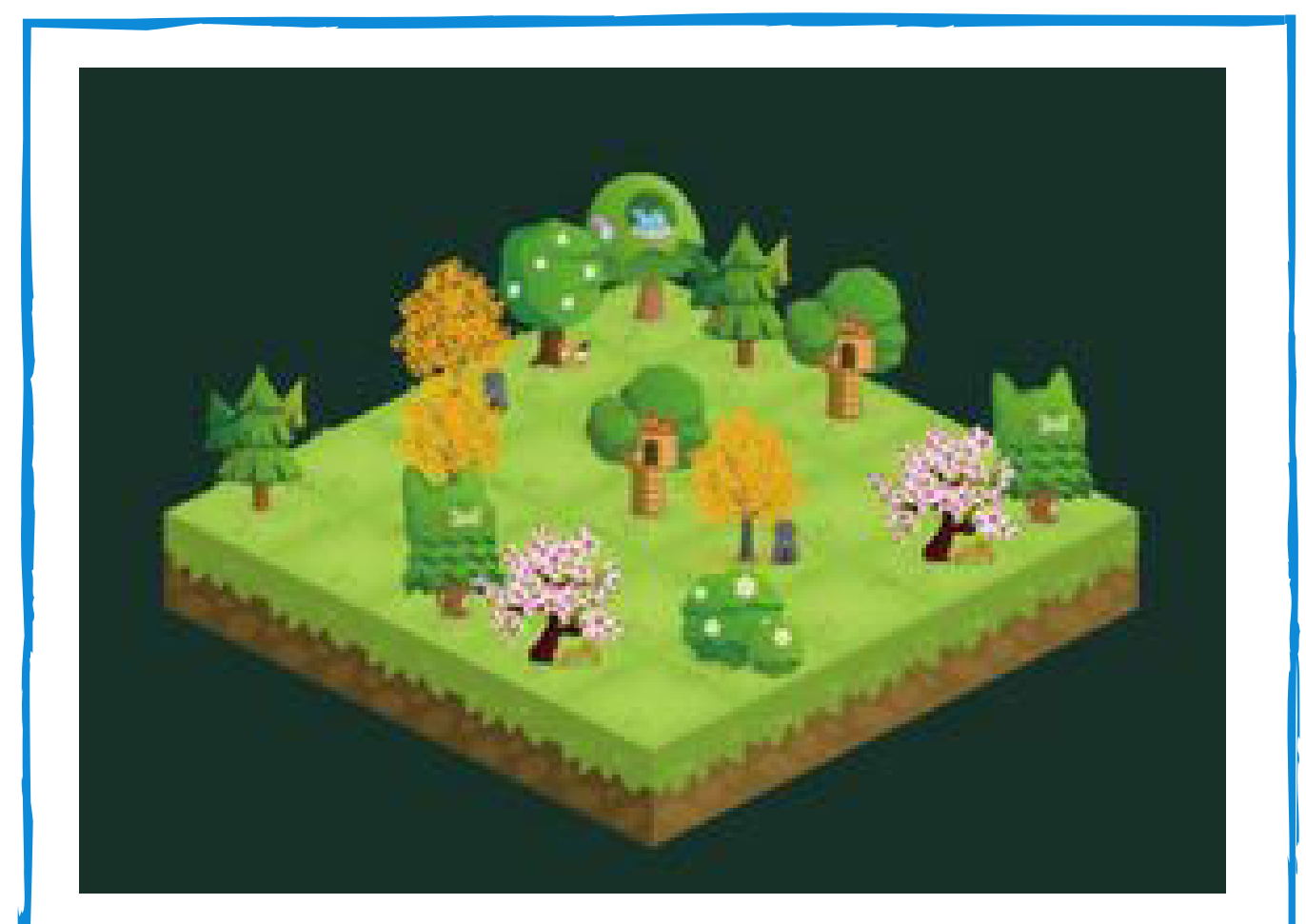
Step 2.

Use the tokens you earned for waiting to obtain new plants.



Step 3.

Plant the grown trees into a small virtual forest. Analyse statistics of your focus plan.



Open Play Store or App Store to download app.