

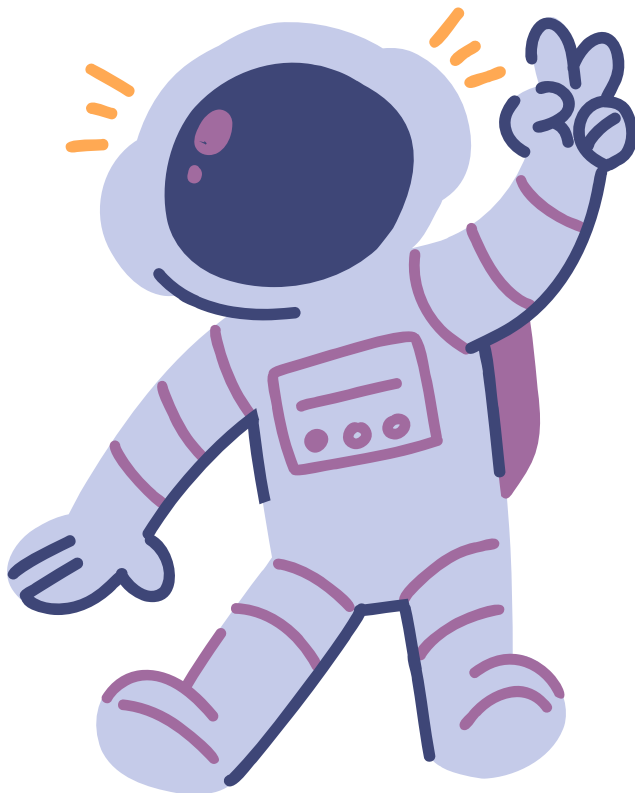


SCHULTE GRID

ATTENTION TRAINING EX

5 X 5

LEVEL: ★★☆☆☆



Name: _____





WHAT IS SCHULTE GRID?

German psychologist Walter Schulte created the Schulte grid in the early 20th century to enhance visual perception and cognitive processing speed.

It is also used as a tool for training attention. The grid requires focused attention and concentration to locate and identify the numbers or symbols within the squares. Through this training, students can improve their attention span and learn to resist distractions, which will be beneficial for a variety of tasks that require sustained focus and concentration.

Research findings indicate that consistent practice of the Schulte grid can result in attention improvements, such as enhanced performance in attention-related assignments and improved cognitive processing speed. Furthermore, studies suggest that incorporating the Schulte grid into training can yield enhancements in working memory and cognitive flexibility, both of which are crucial components of attention.

Instructions

Track the numbers from 0 to 25 with your eyes in the shortest time possible. The table below serves as a guide for the recommended time range for each age group.

Recommended Time Range for 5 x 5 Schulte Grid				
Level	5 – 6 years old	7 – 11 years old	12 -17 years old	≤ 18 years
Advanced	≥ 35 seconds	≥ 28 seconds	≥ 15 seconds	≥ 13 seconds
Intermediate	36 – 45 seconds	29 – 34 seconds	16 – 19 seconds	14 – 16 seconds
Beginner	≥ 58 seconds	≥ 45 seconds	≥ 30 seconds	≥ 20 seconds





Use your eyes to track the numbers from 0 to 25 as fast as you can.

Time: _____

19	11	2	7	4
25	18	21	22	13
6	1	14	15	23
10	5	17	16	9
20	12	3	8	24

Time: _____

20	17	21	18	5
8	10	9	2	19
15	24	22	1	25
7	12	6	23	3
13	4	11	14	16

Time: _____

1	17	9	8	2
14	12	4	19	23
25	11	16	18	10
3	6	5	24	22
7	21	15	13	20

Time: _____

4	1	25	19	18
11	13	12	15	3
7	16	14	22	9
20	8	6	2	10
17	24	23	5	21





Use your eyes to track the numbers from 0 to 25 as fast as you can.

Time: _____

25	3	22	9	5
2	20	15	8	11
6	14	18	23	12
1	21	16	4	10
24	13	7	19	17

Time: _____

17	1	22	6	25
18	16	9	20	4
13	11	21	2	7
23	14	5	19	3
10	12	15	24	8

Time: _____

3	6	10	7	17
11	5	13	20	23
4	2	21	22	15
14	16	1	9	25
19	24	8	18	12

Time: _____

25	3	22	9	5
2	20	15	8	11
6	14	18	23	12
1	21	16	4	10
24	13	7	19	17





Use your eyes to track the numbers from 0 to 25 as fast as you can.

Time: _____

11	10	9	24	21
1	8	5	3	4
16	23	2	25	19
20	18	17	13	22
7	6	12	15	14

Time: _____

25	3	22	9	5
2	20	15	8	11
6	14	18	23	12
10	21	16	4	1
24	13	17	19	7

Time: _____

3	6	17	7	10
11	5	13	20	23
4	1	21	22	15
14	16	2	9	25
19	24	8	18	12

Time: _____

18	1	22	6	25
17	16	9	20	4
13	11	21	2	7
23	14	15	19	3
10	12	5	24	8





CALIBREMATH LEARNING CENTRE
DEVELOPING YOUR MAXIMUM CALIBRE



Website

www.calibremath.com

http://



CalibreMath
YouTube channel

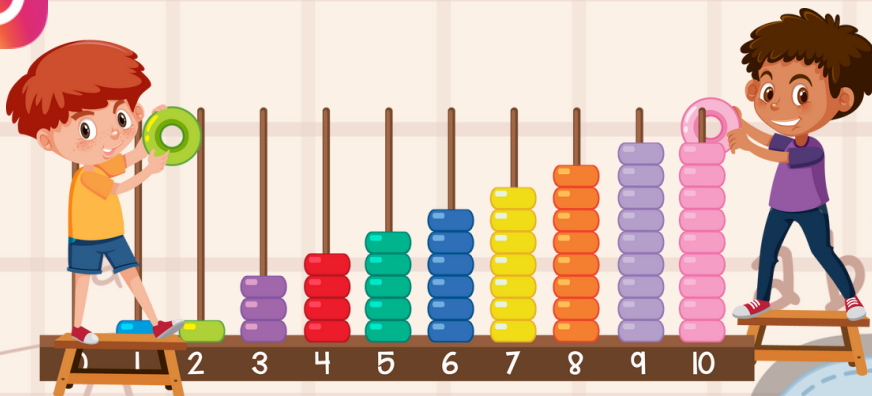


CalibreMath
Instagram



Call us today

9672 3540



MATH

$y = x^2$

$$\begin{array}{r} c \times 12 \\ 207 \end{array}$$