



# Digi Teachers Working Online Toolkit

## Phone that helps to concentrate

**WHAT:** Learners can use their own phones to help them to concentrate on studying

**WHY:** To be able to remember and to concentrate on the essential, to increase learner's self-governance

**WHO:** Anyone can utilise different apps that help to remember and concentrate, choose the apps that help you and your learners!

**WHAT:** Calendar and reminders help to remember important dates. To do lists and memos help to remember important things. Screenshots and photos can also serve as a memory aid. With the help of timers it is easier to concentrate on studying.

**WHICH:**

**Memos:**

Google Keep, Google Tasks, Microsoft To Do

**Timers:**

Forest (In the beginning of working the user sows a seed that will grow into a tree – but only, if the app is on all the time and the user doesn't visit other apps.)

Pomicro (An app that is based on the Pomodoro technique)

Focus Keeper (An app that is based on the Pomodoro technique)

Sleep Sounds and Nature Sounds apps can create a soundscape that suits learning.

**HOW:** Get to know your phone and its features. Download new apps that you think could be helpful!

**#empowering #accessibility**