

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## PAYING ATTENTION IN CLASS

In school we need to focus our mind and body. This means not thinking about other things or moving parts of our body. Think of strategies to help you in times you can't pay attention.

Match each situation where the person can't pay attention with a strategy to help. Draw an arrow to match a box on the left with a box on the right.

### SITUATION

You feel tired and can't keep your head up.

The person next to you is humming loudly and you can't concentrate.

You're worried about your math test and can't focus on anything else.

You feel bored and keep thinking about video games.

You're so hungry that you can't focus on your school work.

### STRATEGY

Take deep breaths, tell yourself it will be okay, and review your notes on a break.

Pick a later time to think about video games and focus hard on school.

You can ask to stand up and stretch.

Ask to have a snack and make sure you eat a big breakfast before school.

Politely ask them to be a little quieter.