

Lesson 3: Dealing with Distractions

Learning Objectives. Define distractions
Consider the causes and effects of distractions
Learn how to deal with them

All Students Will Recognize what distractions are
Most Students Will Identify theirs and consider some ways to tackle them
Some Students Will Identify theirs and consider several ways to tackle them

Starter: Distraction Game

Students have to sit still for as long as possible. Stop when the first person moves or communicates. This could be repeated or adapted however you like.

What distracted them? Why?

Discussion: What are distractions?

Introduction: What causes distractions?

Brainstorm causes – people, food, phones, websites, TV, temperature etc.

Development: How to deal with distractions

Students could get into small groups and come up with a list of ways to deal with various common distractions.

Consolidation: Present solutions

Each group presents their ideas on how to deal with distractions in whatever format you/they choose such as a talk or drama sketch.

Plenary: 'What will I do?'

Give each student a post-it note or scrap of paper. Everyone writes at least one response to distractions that they're going to commit to.

Keep the papers/post-its to review at the start of next lesson.

Resources:

<http://www.time-management-success.com/how-to-stay-focused.html>

<http://www.time-management-success.com/distractions-at-work.html>

<http://www.time-management-success.com/wasting-time-online.html>