

Connecting**Stretching****Transferring**Topic: **2c Managing Distractions**Activity: **Distraction Map****What you are trying to achieve ...**

Identification of distracting behaviours

Students will be able to:

- Identify a wide range of things that distract them
- Recognise which distractors are most powerful
- Appreciate the need to manage distractions
- Identify distractions they wish to work on.

Set up the activity

Divide the group into threes or fours.

Provide each group with paper and writing/drawing implements.

Request groups to construct a mind map of what distracts them when they are trying to do something:

- at home
- at school
- in class, etc.

Share information

- Gallery the mind maps.
- Invite students to comment on them.

Debrief and discuss

Explore

- What is a distraction?
- Are all distractions a bad thing?
- When might distractions be useful?
- What are the most common distractions?
- Which distractions could be avoided?
- Which distractions are the most difficult to manage?
- Which would they most like to be free of?
- How do we feel when we are distracted?
- Which are BIG or LITTLE distractions?
- How can we better manage distractions?

Move on to Transferring activities and the Learning Log.

Hints and tips

Encourage illustrated mind maps.

Things you need to provideLarge sheets of paper.
Felt pens, pencils, etc.Coaching
Notes