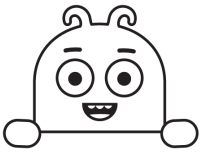


# Attention Strategies



NAME \_\_\_\_\_

DATE \_\_\_\_\_



## Part 1: Directions

Use the Word Bank to complete the Fill-in-the-Blank sentences below. These are useful strategies to help you avoid digital distractions!

 <b>Word Bank</b> 		
<b>Apps</b>	<b>Silence</b>	<b>Task</b>
Deep breath	Notifications	Screen

- Before I open an app or a new tab, I should ask myself, "Am I on \_\_\_\_\_?"
- Close all the tabs and \_\_\_\_\_ I am not using.
- \_\_\_\_\_ my device or wear headphones to avoid distracting others.
- Lower my \_\_\_\_\_ or put away my device when a peer or my teacher is speaking.
- Turn off \_\_\_\_\_ for apps and websites that are not related to school.
- If I feel myself getting distracted, I should take a \_\_\_\_\_ and try to reset my focus.

## Part 2: Directions

Come up with 1–2 of your own strategies for dealing with device distractions at school. Think about what usually gets you most distracted and what you can do to avoid it. Be as specific as possible!

- \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_
- \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Attention Strategies

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Part 3: Attention Word Search

Focus your attention to help you find all the hidden words in this word search puzzle.

*Tip: Cross out each word once you've found it!*

### Word Bank

Apps  
Deep breath  
Device

Distraction  
Focus  
Notifications

Screen  
Silence  
Task

S	Y	N	H	L	K	L	G	D	T	X	I	U	V	K	U	B	S
U	B	A	D	E	E	P	B	R	E	A	T	H	O	O	T	L	J
A	P	P	S	X	T	G	I	J	Y	E	T	N	S	D	O	E	W
L	X	A	H	P	X	P	K	P	K	N	V	A	E	Z	B	Y	N
D	I	S	T	R	A	C	T	I	O	N	I	W	S	G	T	Z	S
C	O	U	A	M	P	S	I	L	E	N	C	E	Q	K	F	Q	C
U	R	W	L	F	O	C	U	S	Q	B	F	B	Y	T	E	U	R
W	U	A	L	J	E	V	I	L	B	T	X	M	Q	B	A	V	E
K	C	K	N	O	T	I	F	I	C	A	T	I	O	N	S	O	E
X	Z	A	E	R	X	R	S	X	Y	I	Z	J	N	A	I	U	N
D	E	V	I	C	E	X	T	H	L	H	F	H	W	V	K	G	W
O	L	H	H	E	X	J	I	L	G	U	Z	W	Y	X	M	O	A