

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

Introduction to managing distractions.

Students recognise

- What distractions are
- What it feels like when being distracted
- A range of distractions
- What distracts them.

**Set up the Learning Challenge**

Pair up students — Student A, Student B.

- **A to describe a complicated process**, e.g. tying a shoelace or tie.
- **B to try to distract by**
  - butting in
  - looking bored
  - looking elsewhere
  - talking about how they would do it
  - and so on

2 minutes.

Swap roles.

**Plenary Discussion**

Explore:

- What happened?
- How were you distracted?
- What did being distracted feel like?
- How could you avoid or manage the distractions better?

**Record Distractions**

As a whole group, or in pairs, construct a list of things that distract people:

- in the classroom
- at home.

Prompt: Distractions may not be outside us, but in our heads ...

Compare the lists.

Draw out interesting / mundane distractions.

(Could be done using Post-its as a scan and focus exercise.)

**Extend into Linking Ideas**

Print or display Linking Ideas.

Run through what managing distractions means.

Move into the related activities.

**Things to Try ...**

Could use this challenge for listening.

Coaching Notes

Linking Ideas