

Dealing With Distractions



You're trying to write a poem, but you keep thinking about your birthday party next weekend.

How would you deal with the distraction?



You're trying to practice your guitar, but you hear a lawn mower outside your window.

How would you deal with the distraction?



Your're trying to do a math problem, but your sibling's phone keeps buzzing.

How would you deal with the distraction?



You are practicing for your dance recital, but your sibling keeps asking you to play basketball.

How would you deal with the distraction?



A classmate is talking while you're trying to do your classwork.

How would you deal with the distraction?

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