

Managing Distractions

What do you find gets in the way of your learning?

What would help you avoid these distractions?

Do you need a break?

How are you feeling? Is this getting in the way of your learning?

What can we do to help you focus? What can you do to help yourself?

How can you remind yourself about ways to manage distractions?

Great! I noticed you went back to your learning quickly after that interruption.

Who is good at managing distractions? What is it you think they do that helps them?

Stop, refresh yourself then continue with your learning.

Some language pointers!

When you use this learning muscle, you...

- Are aware of the possible sources of distraction.
- Purposefully try to minimise distractions.
- Know what conditions help you learn.
- Settle back into learning quickly after an interruption.

Recognising and reducing distractions; knowing when to walk away and refresh yourself. Creating your own best learning environment.

Ways that we can foster the Managing of Distractions:-

- Start from the child's own perceptions and make managing distractions a desirable skill.
- Ask questions to draw solutions out of children and tackle vague and sometimes difficult emotional issues.
- Include the ability to manage distractions in everyday teaching and learning. Reward and model this regularly.
- Provide tips and possible solutions.
- Discuss issues which are not clear cut e.g. friends who are both a distraction and a source of inspiration. Whether fiddling is a distraction or an aid to concentration.

