

stay-focused strategies

Plan for your Stay-Focused Strategies by filling in the blanks.

Distractor Site	My Stay-Focused Strategies
1.	
2.	
3.	
4.	

What can I say to myself that will help me stay on the Teacher Site?

What can I physically do to stay more energized and alert?

What can I do in my mind to make the Teacher Site more interesting?

In the chart below, fill in the specifics of a Good Break, and contrast that with a Bad Break.

	Good Break	Bad Break
How many minutes?		
What Distractor Sites will I visit in my mind?		
What will I physically do?		
How will I come back to the Teacher Site?		