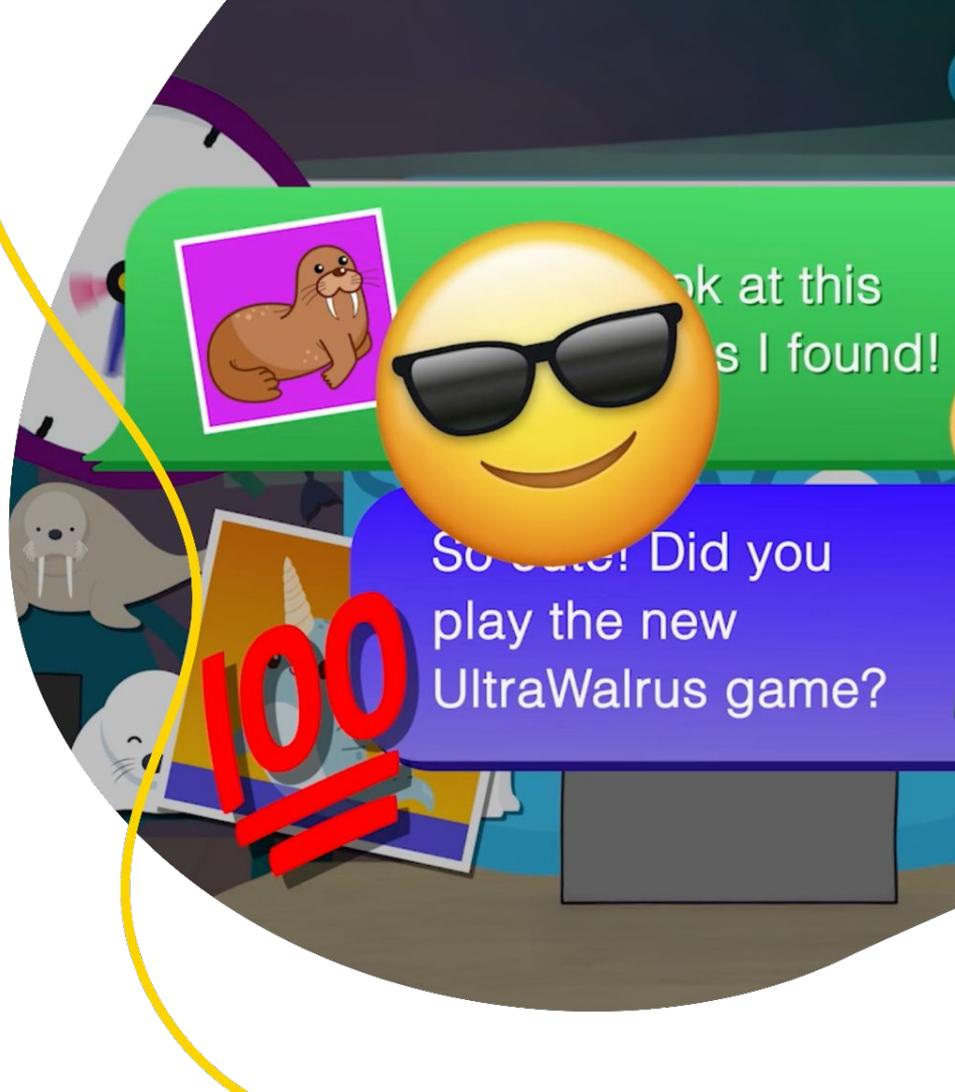


GRADE 1 ► HEALTHY HABITS

Managing Device Distractions

 common sense education®





How can I deal
with **DEVICE DISTRACTIONS**
and keep my focus?

1

What is it like to keep your *focus* on a task?

2

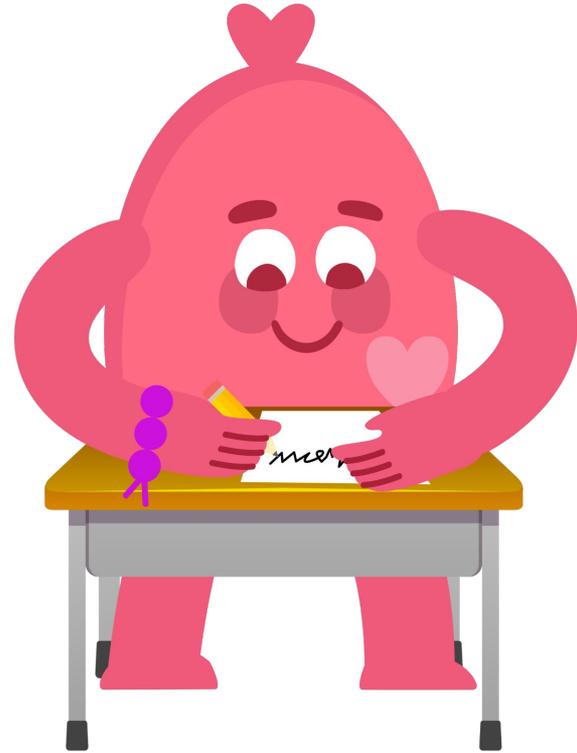
What is a *device distraction*? Let's look at examples.

3

Learn how to manage digital distractions at school.

What does it look like to stay focused on a task?

What does it feel like?





FOCUS



Concentrating your attention to listen to someone or to complete a task.



Device DISTRACTION

When you lose focus because of a device, such as a computer, iPad, or TV.





To watch this video on Common Sense Education's site, click [here](#).

MANAGING DEVICE DISTRACTIONS

Overwhelmed with device distraction

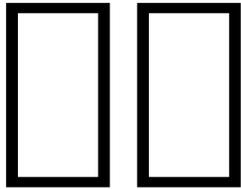
I breathe and think, what's my reaction?

Apps and games get my clicks

But I know some good tricks

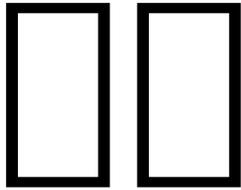
Getting focused is the right action





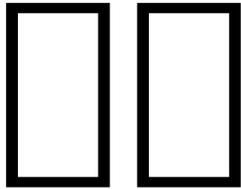
EYES ON MY OWN SCREEN

This means we keep our eyes on our own work, instead of looking at our friends' screens.



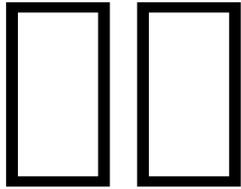
FOCUSED FINGERS

This means we keep our fingers calm and only tap or click where we need to.



HEADPHONE HELPER

This means we use headphones the right way to hear only what we need.

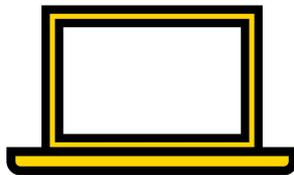


BRAIN BREAK

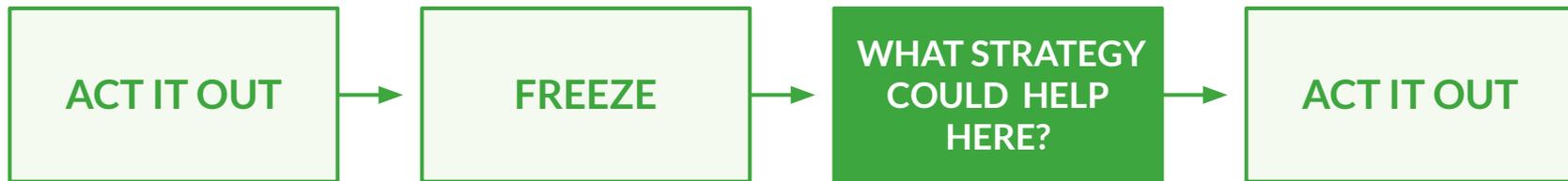
This means we notice when our brain needs a little rest from the screen. Maybe it's doing a five-second stretch (reach up, touch toes), or resting your eyes (by looking far away).

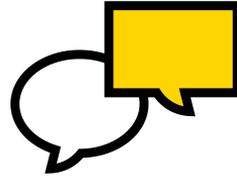
ACT IT OUT

-  **Eyes on My Own Screen** (look down at pretend device)
-  **Focused Fingers** (keep hands calm and fingers still)
-  **Headphone Helper** (cup hands around ears)
-  **Brain Break** (stretch up tall or close eyes briefly)

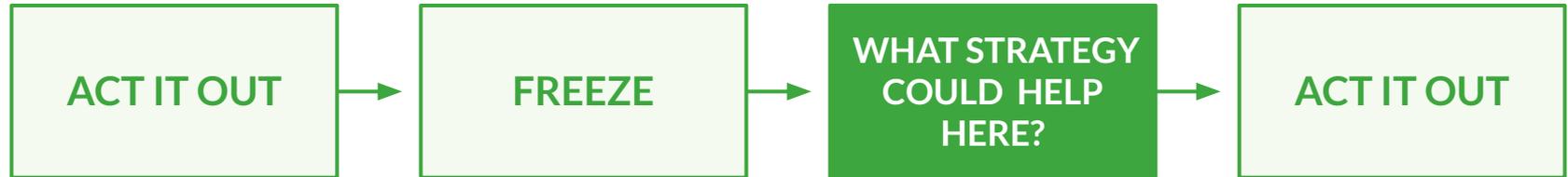


Your classmate is showing you something funny on their device during computer time.



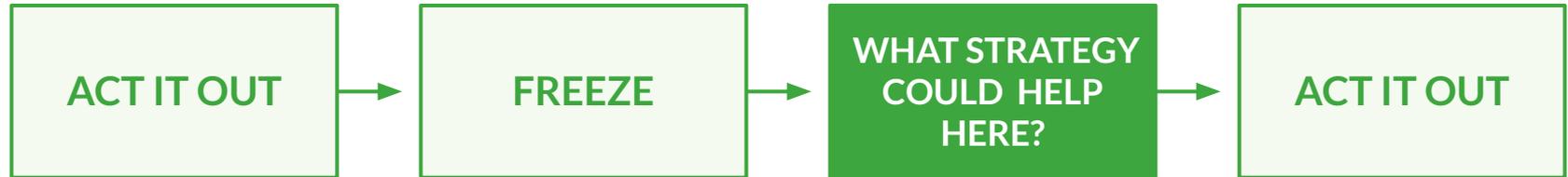


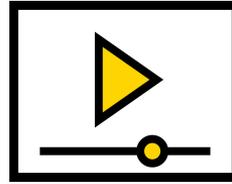
You hear other students laughing while you're listening to a story.



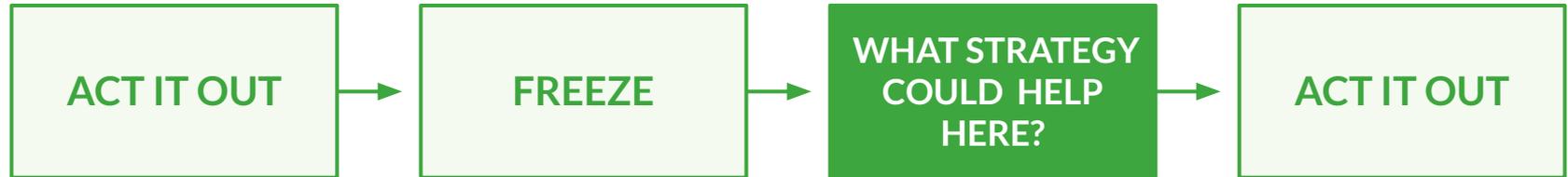


You've been working on your device for a long time, and your eyes feel tired.



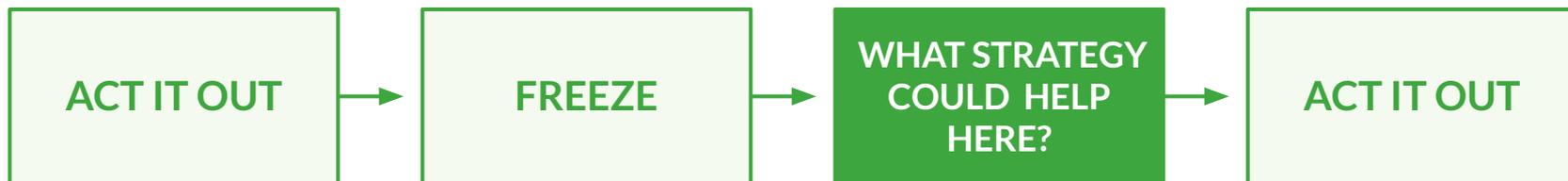


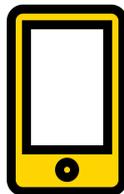
The video you're watching
makes you want to click
on other videos.



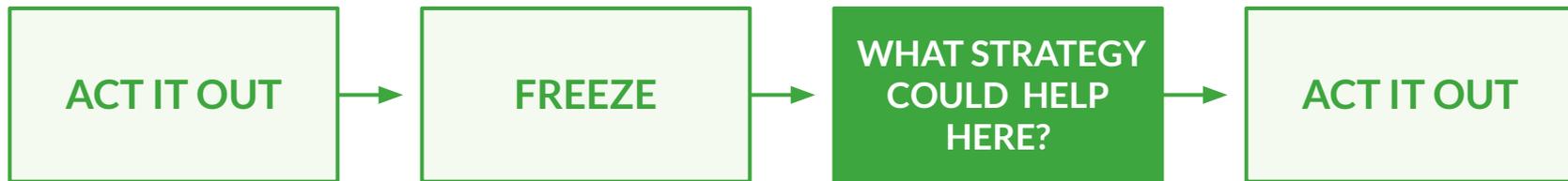


Your eyes keep looking at what your friend is doing on their device instead of staying on your own work.





Your device has colorful buttons that you want to press, even though they aren't part of your assignment.



FOCUS STRATEGIES

 Eyes on My Own Screen

 Focused Fingers

 Headphone Helper

 Brain Break





We are **DISTRACTION FREE!**



**WE CAN THRIVE IN A
DIGITAL WORLD.**