

# Managing Distractions



## When you use this learning muscle you....

Are aware of possible sources of distraction

Purposefully try to minimise anything that interferes with concentration or takes attention away from something else

Know what conditions help you learn best

Settle back into own learning quickly after a break or interruption



## Our aim is to help each child focus on their learning and help them to realise and manage significant distractions.

Distractions threaten absorption. Distractions make it harder to concentrate. Distractions can get in the way of learning and make us lose our focus. Sometimes we are the source of our own distractions, at other times it may be the general hubbub of activity going on around that makes it difficult to stay focused. Often the learning just doesn't matter enough to us to keep us engaged. Concentration can't be forced, but we can help young children to recognise what is going on when they are finding it difficult to keep on task. In this way they will begin to develop a vocabulary to think and talk about what can get in the way of learning. As teachers we can help our pupils to think about how they might deal with distractions, and hopefully in time they will develop their own strategies; what suits one person will not always work for someone else.

**Being well organised**

**Keeping on track**

**Recognising potential distractions**

**Resolving and overcoming distractions**

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

*What would help you avoid these distractions?*

*Do you need a break?*

*What can you do to help focus yourself?*

*How could you let us know if we're distracting you?*

