

## Distracted Students

Want to help children who easily get off task?

Then stop worrying about what they are focusing on and choose what you focus on instead. Start setting kids up for success and building from strengths.

### 1. Set Up For Success

- How you teach something is just as important as what you teach.
- Make expectations clear. Be specific. Lay out what choices and consequences look like. Don't assume that kids will read in between the lines.
- Break down directions into small steps and give them one at a time.
- Give a warning before a transition is coming. Don't expect kids to be able to immediately stop one activity and then seamlessly move on to the next. Give them time to adjust before making a switch.

### 2. Build From Strengths

- Channel restless energy into something positive like passing out papers, leading a prayer, or acting in a skit.
- Have fidgets available for them to use at their seats. Fidget spinners and thinking putty are two great choices.
- Praise students for good choices.
- Tell parents when a child made good choices.

### 3. Choose Who You Want to Be

- Decide if you want to be the person who focuses on students' difficulties or the person who focuses on their strengths. The choice is yours.