

# Staying on Task

## Suggested Role-Plays

- 1.** Your best friend keeps asking you questions as you are trying to finish your math sheet. Show or say how you would stay on task.
- 2.** As you give an oral book report in front of the class, you hear some classmates whispering. Show or say how you would stay focused on giving your report.
- 3.** During study hall, you are working on an English assignment when a friend passes you a note. Following the steps of the skill, show how you would ignore the note and concentrate on your assignment.
- 4.** You are studying for tomorrow's big test when you get several text messages from your friends. Show or say how you would ignore the messages and stay focused on your studies.
- 5.** Your history assignment is to have Chapter 5 read by tomorrow. You are trying to read in the living room, where your mom and dad are visiting and watching the news. Show or describe how you would ignore the distractions and focus on your reading.
- 6.** During the spelling bee, two classmates are making faces at you while you are trying to spell a word. Show or say how you would ignore them.

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## Think Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Why is it important to know how to stay on task?

What are some things you can do to stay on task at school?

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How does the skill of **Staying on Task** help you at school?

How does the skill of **Staying on Task** help you at home?

When you stay on task, why is that helpful to your teacher and classmates?

# **Staying on Task**

- 1. Look at your task or assignment.**
- 2. Think about the steps needed to complete the task.**
- 3. Focus all of your attention on the task.**
- 4. Stop working only when instructed.**
- 5. Ignore distractions and interruptions from others.**