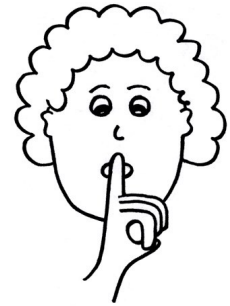


# Activities That You Have to Stop When You are *Supposed* to be Paying Attention

When you are doing something where you have to be quiet and pay attention, like sitting in class, attending a religious service, or listening to someone who is speaking, there are certain things you shouldn't do.



Below are behaviors that you shouldn't do when you should be paying attention. Circle the behaviors that you have seen others do with a red pen or marker. Circle the behaviors that you sometimes do with a blue pen or marker.

**Distracting Others \* Acting Bored**

**Laughing \* Talking \* Daydreaming**

**Sleeping \* Fidgeting \* Looking Around**

**Interrupting \* Biting Your Nails**

**Texting \* Fooling Around**

**Playing With Your Cell Phone**

What is the one behavior that is most important for you to change?

-----