

Dealing with Distractions

It is hard to focus on what you are doing if other things take away your attention or distract you. One way to make focusing easier is to eliminate as many distractions in your environment as you can.

Lorissa is having a hard time trying to study for her math test because there are so many distractions in the room. List the distractions on the lines below the picture. See if you can find all ten.


