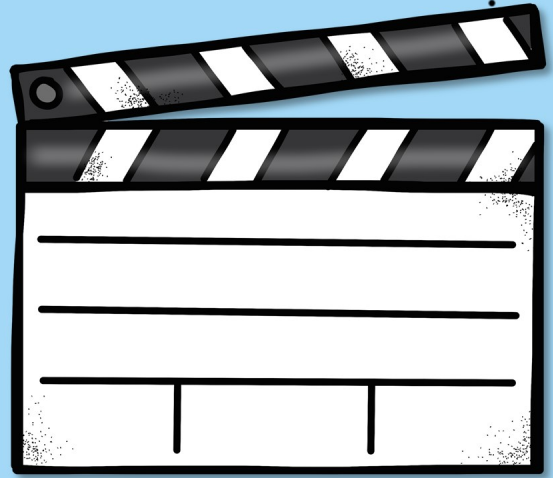
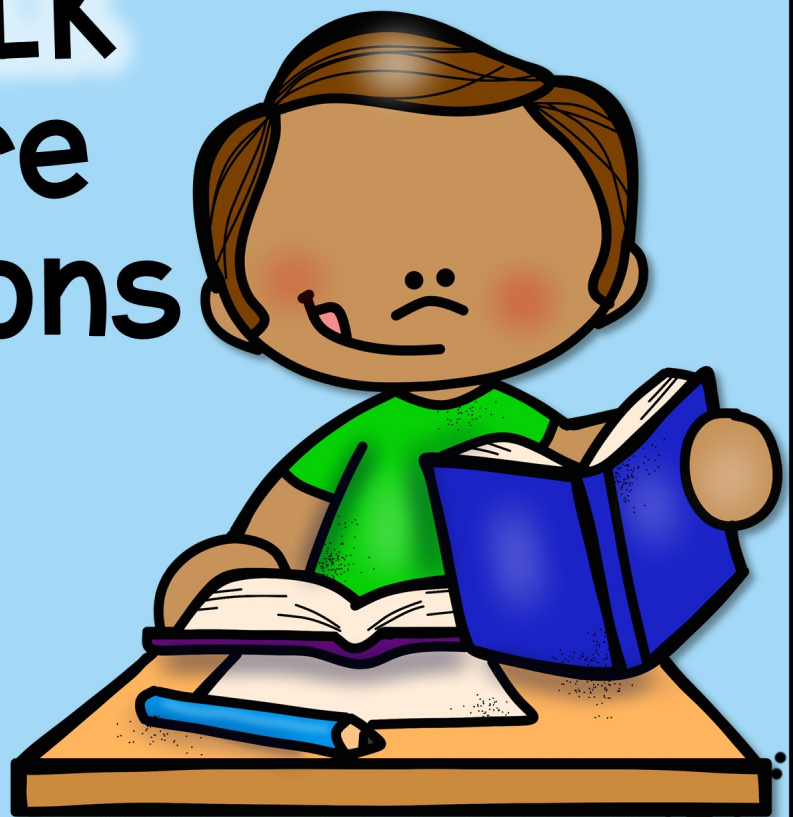


STAY FOCUSED



Skits to Teach
SELF-TALK
to Ignore
Distractions



IGNORING DISTRACTIONS

OBJECTIVE(S): Students will identify examples of inside vs. outside the brain distractions and will practice strategies to ignore distractions.

MATERIALS: Sesame Street "Focus" YouTube clip, ignoring distractions poster, self-talk scripts, exit tickets

CASEL DOMAIN(S): Self-Management

ASCA MINDSETS/BEHAVIORS:

Demonstrate self-discipline and self-control, demonstrate ability to overcome barriers to learning

OUTLINE:

- Show Sesame Street "Focus" video (<https://www.youtube.com/watch?v=7sXi2wakGul>). Ask:
 - What was the problem the girl has?
 - Did anyone catch any of the ways she used to solve her problem and be more focused?
- Why are distractions a problem?
- What can we do about them? Ask students to talk at their table groups for 2 minutes on how they can defeat these distractions, then have them share out (encourage them to identify taking a deep breath, focus your eyes and body, asking peer to stop, asking teacher to move their seat).
- Project the attached list. Ask students to share what they think "self-talk" is.

OUTLINE CONTINUED:

- "Self-talk is the stuff we tell ourselves in our minds. It's all the thoughts we have in our mind. Using self-talk can be really helpful when we are distracted to help us focus again."
- Practice using self-talk.
 - Option A: Students perform skits/role plays in small groups to demonstrate using self-talk to ignore distractions. It helps to project a script and walk students through how to read it (finding your part, things to DO versus things to SAY).
 - Option B: Students receive scenarios/self-talk scripts in groups of 4. Students read the situation chorally, then take turns reading the self-talk piece. After 2ish minutes, either students rotate to a new set of scenarios or the scenarios rotate.
- Exit ticket: What will you tell yourself to keep yourself focused on your work?

IGNORING DISTRACTIONS

- Take a deep breath.



- Focus your eyes and body on your work.



- Ask your classmate to stop.



- Use self-talk!

I won't look,
I'll keep
working.

I will put my eyes
on my book and
keep reading.

I can ignore
them and focus
on my work.

Scenario 1: Another Teacher

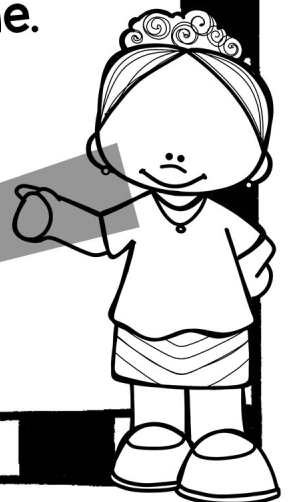
Narrator: "You are working on a worksheet when another teacher comes in the room and starts talking loudly to your teacher about something. It's interesting and so you look over and start paying attention."

(Teacher A should walk in the room and go talk to Teacher B. Student A is watching them).

Teacher A: "Did you hear about the big test all the students have to take tomorrow?"

Teacher B: "No! Tell me about it."

Student A: *(Point to your head)* "I'm distracted; I need to take a deep breath. *(Take a deep breath)*. I need to put my eyes on my paper and get back to work. I won't let this distract me. I'm getting back to work."



Scenario 5: Video Game

Situation: "You're supposed to be working on your reading comprehension practice sheet, but your friend starts talking about your favorite video game."

Self-Talk: *(Point to your head)* "Hm. I'm distracted. I need to focus on the work again."

Let's talk about this later. I want to get a good grade so I need to do the work."



Name: _____

What is one distraction you have in school?

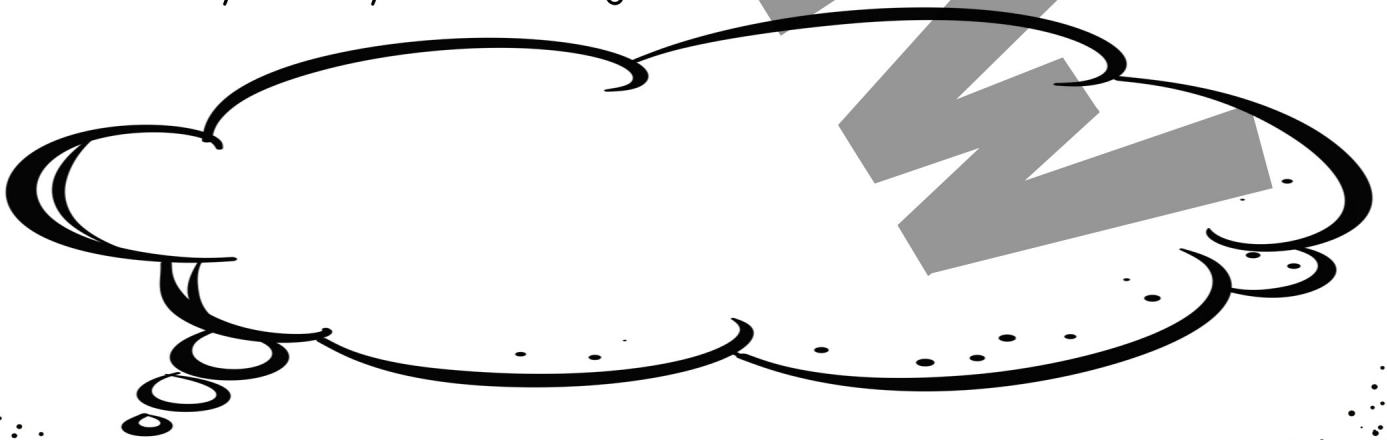
What can you tell yourself to ignore that distraction?



Name: _____

What is one distraction you have in school?

What can you tell yourself to ignore that distraction?



the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

