

STOP & THINK SOCIAL SKILLS CURRICULUM

SKILL: IGNORING DISTRACTIONS

MCKINLEY ELEMENTARY

INTRODUCTION & RATIONALE

While we don't want students to ignore their teachers, we do want them to learn how to effectively ignore distractions, teasing from their peers and others' inappropriate behavior. It's important for students to know the skill of ignoring distractions and when to use it.

THE STOP & THINK PROCESS

1. I need to stop and think.
2. Do I want to make a good choice or a bad choice?
3. What are my choices or steps?
4. I need to do it.
5. I did a good job!

TEACHING

- **First**, I stop and think.
- **Next, I ask myself**, will I make a good choice or a bad choice?
- **Steps**:
 - Take a deep breath and count to 5.
 - Think about what good choices you could make:
 - Say to yourself: "I won't look. I won't listen. I'll just keep on doing what I'm supposed to."
 - Turn your body away from the distraction.
 - Walk away from the distraction, if possible.
 - Ask a teacher/adult for help.
 - Choose and act out your best choice.
- **Now**, I just need to actually do it.
- **Then**, I give myself credit for doing a good job.

Use the included large posters/handouts to help students understand and remember the steps for this skill.

Use the included "Remember to Breathe" cut-outs to help students remember how to keep their cool when feeling frustrated.

ROLE PLAYING

- During work time, someone gets up to sharpen their pencil.
- A peer accidentally tips over their chair.
- The teacher is talking to another student.
- Your friend wants to talk to you during quiet reading time, but you know you shouldn't do that.
- The Principal comes into your room to talk to your teacher while you're working.
- The phone rings while you're doing partner work.
- Someone sneezes/coughs loudly during class.
- You hear a loud sound right outside the classroom door.
- Other scenarios relevant to students.

CORRESPONDING SOCIAL STORY

Sometimes things happen while we're at school that make us stop doing what we're supposed to be doing. These are called distractions. Sometimes distractions come from other people who are doing something on purpose. Other times it's because there is something else going on that we pay too much attention to. When a distraction happens, I need to turn or walk away, close my ears and be silent until the distraction ends. I can also ask an adult for help if the distraction won't stop or when I have a hard time ignoring it. Sometimes, I may want to ignore my teacher's directions if I don't like what she says. But it's important only to ignore things that stop me from doing what I'm supposed to do.

MODELING

1. [Ignoring Distractions](#) video on YouTube.
2. [Puppies Video](#) on YouTube (just kinda cute!).
3. [Squirrel! video](#) on YouTube (funny).
4. Teacher demonstrates the Stop & Think process and the specific skill of waiting for your turn. Any number of role playing scenarios can be used from the list below. The students are asked to provide feedback on how well the teacher met each of the steps for this skill.

PERFORMANCE FEEDBACK

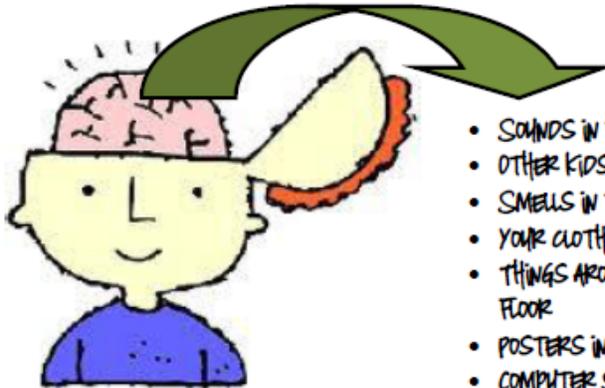
- The teacher will use additional role playing scenarios for students to practice.
- Students will practice thinking out loud.
- While students practice applying the skill, the teacher will watch for each step and review the ones they did and did not complete successfully.
- Specific feedback will be provided.
- Students will practice again until they successfully complete each step.
- **Important:** If you want students to see a non-example, do not allow them to be involved in the role play. **Only the adult** may demonstrate a non-example.

INSIDE THE BRAIN DISTRACTERS



- VIDEOS, MOVIE SCENES, TV
- REPEATING WORDS OR LINES FROM A VIDEO OR MOVIE
- WORRIES
- BEING HUNGRY, TIRED OR SICK
- OTHER:

OUTSIDE THE BRAIN DISTRACTERS



- SOUNDS IN THE HALL OR CLASSROOM
- OTHER KIDS
- SMELLS IN THE ROOM
- YOUR CLOTHES
- THINGS AROUND YOU ON THE TABLE OR FLOOR
- POSTERS IN THE ROOM
- COMPUTER SCREEN SAVERS
- OTHER:

IGNORING DISTRACTIONS



1. “I’m not going to look.”



2. “I’m not going to listen.”



3. “I’m just going to keep on working!”