

»» »» **SOCIAL SKILLS** «« ««

# DAILY DILEMMAS FOR IGNORING DISTRACTIONS

PROBLEM SOLVING STEPS POSTER, IGNORING DISTRACTIONS POSTER,  
& 8 TASK CARDS

enjoy  
this  
**FREE**  
RESOURCE

DAILY DILEMMA  
TASK CARDS

Problem Solving & Social Skills

IGNORING  
DISTRACTIONS

**MADE BY: WHERE THE WILD STUDENTS ARE**

# PROBLEM SOLVING

## STEP 1

FREEZE, FOCUS,  
& FIGURE IT OUT

When your body tells you there is a problem, FREEZE.

Focus on how your body feels. Figure out what the problem is. "My problem is that I..."

## STEP 2

PONDER PEOPLE  
& PRIORITIES

How do you feel?  
What are your priorities?  
Who else is involved? How do they feel? What are their priorities?

## STEP 3

CONSIDER  
CHOICES &  
CONSEQUENCES

What can you do or say to solve the problem?  
What are your choices?  
For each choice, what will be the consequence?

# DAILY DILEMMA TASK CARDS

Problem Solving & Social Skills

IGNORING  
DISTRACTIONS

# IGNORING DISTRACTIONS

USE THIS SKILL WHEN SOMETHING IS CAUSING YOU TO LOSE FOCUS OR GET OFF TASK

1. FREEZE.
2. Identify the distraction.
3. Say to yourself, "I won't look. I'll focus on \_\_\_\_\_." or "I need to keep \_\_\_\_\_."
4. Put your focus back on your task.
5. Repeat step 3 as needed.

BONUS: Use a sticky note to keep track of each time you ignore the distraction, Then reward yourself for keeping focus and staying on task.

①

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

You're taking a test in class. Your friend is finished with the test and wants to pass you a note. They're whispering your name and tapping your desk. The teacher is busy and hasn't noticed yet.

RELATED SKILL:  
IGNORING DISTRACTION

②

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

You're in class, and the teacher is teaching. Another student is having a rough day. Now they are being disruptive by yelling and banging their desk. You are trying to stay on task.

RELATED SKILL:  
IGNORING DISTRACTION

③

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

You're working with the teacher, and a class assistant is working nearby with other students. You're trying to focus on the teacher, but you can hear the other group talking loudly.

RELATED SKILL:  
IGNORING DISTRACTION

④

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

In the hallway, you see some friends and want to say hi. They're talking. You're in line, and the expectation is that you keep your voice off, eyes forward, and hands behind your back.

RELATED SKILL:  
IGNORING DISTRACTION

⑤

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

While you're working, another teacher comes in to talk to your teacher. You're supposed to stay on task, but you also want to look up, say hello, and listen while they talk to your teacher.

RELATED SKILL:  
IGNORING DISTRACTION

⑥

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

Your friend is talking to you. Your phone keeps beeping because you have a message. If you check your phone while your friend is talking, they might think you aren't paying attention to them.

RELATED SKILL:  
IGNORING DISTRACTION

⑦

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

You are still working on an unfinished assignment. Your classmates are having structured activity time. You're bored, and you really want to watch, but the expectation is that you stay on task.

RELATED SKILL:  
IGNORING DISTRACTION

⑧

## DAILY DILEMMA

### PROBLEM SOLVING & SOCIAL SKILLS

The person sitting next to you is quietly playing with a toy in their desk. They're supposed to be working on the assignment.

RELATED SKILL:  
IGNORING DISTRACTION