

Skill 10: Ignoring Distractions

SKILL STEPS

1. Count to five.

Discuss that counting to five will give the student the time to calm down if frustrated and to recall the rest of the skill steps.

2. Say to yourself, “I won’t look. I’ll keep on working.”

Statements should be spoken aloud during modeling and role-playing.

3. Continue to work.

4. Say to yourself, “Good for me. I did it!”

Discuss ways of rewarding yourself.

SUGGESTED MODELING SITUATIONS

- ▶ *School:* Another teacher comes into the room to talk with your teacher.
- ▶ *Home:* Your brother or sister tries to distract you from your chores or homework.
- ▶ *Peer group:* A classmate tries to get your attention in class or to distract you from a game at recess.
- ▶ *Community:* Kids are making noise in the movie, in the library, or in another community place.

COMMENTS

Each time students ignore a distraction, they may make a check mark on an index card or color a space on one of the self-recording forms (Appendix A). Self-recording efforts can then be reinforced if needed.

Rewarding Yourself (Skill 35) is a part of this skill (Step 4). Self-reinforcement may be necessary until the skill can be reinforced by teachers or parents.

Skill 10: Ignoring Distractions

Name _____ Date _____

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FILL IN NOW

With whom will I try this? _____

When? _____

FILL IN AFTER YOU PRACTICE THE SKILL

What happened? _____

How did I do?



Why did I circle this? _____

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When did I practice?

How did I do?

