



Ignoring Distractions

1. **Turn away** or **walk away** from the distraction.
2. **Focus** on your work or activity.
3. **Ask** a teacher for help, or **find** something else to do.

Teacher Prompts

1. "A distraction could be a person or a thing that is bothering you."
2. "Do not look at the distraction."
3. "If the distraction continues or is too big."



Lyrics of **“Ignoring Distractions”** from Core Knowledge Social Skills CD:

I’m sitting in a circle, trying to listen to Miss Kate.
Henry’s right beside me, whispering “Hey Heidi!”
I think it’s hard to concentrate.

What could you do if this happened to you?
What could you think to say?
What could you do if this happened to you?
Turn away, turn away,
Or if you need it, ask for help.
Or, walk away, walk away,
And go do something else.

I’d have to say I’d walk away.

I’m playing with the airplanes.
Will is playing with his truck.
He’s driving his truck around,
Making a real loud sound.
Things have really gone amuck.

Chorus

Hocus pocus!
Focus! Focus!
Hocus pocus!
Focus on your teacher, focus on your work!
Don’t focus on the thing that makes you go berserk!

Instrumental

Chorus

Hocus pocus!
Focus! Focus!
Hocus pocus!
Focus on your teacher, Focus on your work!
Don’t focus on the thing that makes you go berserk!