

Brain-Activity: How does my brain pay attention?**PART 1: Let's Discuss**

Can your brain pay attention to more than 1 thing at the same time? *(Circle an answer)*

YES

NO

MAYBE

PART 2: Let's Predict

Circle which of the following makes it **harder** for you to stay concentrated:

Being nervous or stress

Listening to T.V. while doing homework

Playing chess

Eating healthy food

Being in a quite area

Sleeping 7 hours a night

Eating unhealthy food

Taking "Brain Breaks" every 15 minutes

Sleeping 10 hour a night

Noise

Time of the day

Doing 1 thing at a time

Silence

Meditating

Circle which of the following makes it **easier** for you to stay concentrated:

Being nervous or stress

Listening to T.V. while doing homework

Playing chess

Eating healthy food

Being in a quite area

Sleeping 7 hours a night

Eating unhealthy food	Taking “Brain Breaks” every 15 minutes
Sleeping 10 hour a night	Noise
Time of the day	Doing 1 thing at a time
Silence	Meditating

PART 3: Let’s Think and Plan

Was the Simon Task easy to do or harder? Was the Stroop Task easy to do or harder? Why do you think it was easy for your to do or harder for you to do?

I find it hard to stay focused when....

It is easier for me to stay focused when...

Part 4: You be the scientist!

Get together with a partner. Discuss times when you have trouble staying concentrated. Ask them questions about these situations. (For example, “What were you doing when this happened?”, “Did you eat well that day?”, “Did you have 10 hours of sleep” and so on.

After listening to their situation, come up with **3 tips** to help them improve the concentration skills.

Make a pledge to your brain!!!

Which change will you make in your life (a promise to your brain) to help it stay healthy and more focused?