

## Tips and Tricks to Stay Attentive

Do you get distracted when you are accessing classes online? If so, you're not alone! We get it, learning remotely can definitely make focusing on your work more challenging. But, there are ways to help your brain stay on task.

### *Have you tried...*

- *...getting a good night's sleep?*
- *...getting out of bed when attending class synchronously?*
- *...taking care of your morning routine as though you were going to school—set an alarm, eat a little breakfast, brush your teeth?*
- *...taking breaks away from your screen between classes?*
- *...putting your phone on "Do Not Disturb?"*
- *...incorporating some physical activity into your daily routine, like a walk or a bike ride?*
- *...eliminating distractions, like your phone, TV, or other devices?*
- *...turning off the Xbox, PlayStation, or whatever gaming device distracts you?*

**Hot Tip!**

Look at something (not a screen) that's at least 20 feet away for at least 20 seconds at a time and stand up and stretch or move while you look away from your screens.

**Hot Tip!**

If you use video games or social media as a reward or break during the day, be sure to establish a set amount of time and use your phone to remind you when time is up!

### Check out these other great ideas!

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[Distance Learning Tips & Tricks for Parents](#)

[Five Virtual Learning Tips for High School Students](#)