

A Worm's Guide to Staying Focused

An activity of "Tee and Boba".

1. Read the comics, "Tee and Boba" (page 28, *What's Up* March 2024). What were some distractions that Tee and Boba faced, causing them to fall behind?

2. In the speech/thought bubbles below, write down what the worms may be thinking to keep themselves focused.

		
		
		

3. What are some distractions you often face? How do they impact your ability to concentrate?

4. Form groups of 4 to 5 classmates. Of the groups, one group will be Distractors while the other groups are Contestants. The Distractors' job is to introduce distractions at 2-minute intervals (e.g. turn off the lights/fans, sing, play music, etc) while the Contestants try to solve a Sudoku puzzle. The group that completes the task accurately in the shortest time wins.

7				3	6		4	
	4		1				7	
3							1	
5	3							
2		9	6	4				
	6		9	7			8	
	2		7		4			5
					8			4
	5	4		6	9			1

The objective of the game Sudoku is to fill a 9x9 grid with numbers so that each column, row, and 3x3 section contain all the digits between the numbers 1-9.

5. After playing the game, respond to these prompts:

a) How did the distractions affect your focus?

b) Which of them were the most disruptive? Why?

c) What strategies did you use to stay focused? Can you use them in other situations?