

Establishing a Distraction Free Workspace

For students to be most successful, it is important that they can focus on the work in front of them and have minimal distractions.

The following tips will help you set up a distraction free workspace for your student to help them be successful:

- Quiet Location
 - Make sure work space is not a high traffic area for those whom may not be working
 - Consider a quiet corner, bedroom, dining room table, etc.
- Clear the Space
 - Best to only keep the necessary materials within a workspace
- Place preferred items out of reach
- Gather all materials that may be needed
- Turn off electronics or put them in separate location
 - Electronics can easily distract students from the work in front of them. It is best to keep them out of sight so that students can focus.

When you have multiple students it may be possible that one student will distract the other.

It is important to have a plan that will help to keep the student on task.

- Have an alternative workspace identified
- Put on some sort of background noise – this may include preferred music/sounds
 - Keep volume low
 - For students that cannot focus with preferred music
 - Consider background noise without words
 - Ex. Classical music, ocean sounds, etc.
- Have headphones available
 - Utilize headphones for videos/technology programs
 - Have noise cancelling headphones if another student is engaging in behaviors that may distract the student
- Have free time in a separate location
 - This will help to make sure one student does not get distracted if they do not earn free time at the same time