



## On Task

vs

## Off Task



*What does it look like?*

- Eyes on my work
- Eyes on my teacher or my peer talking
- Highlighting and taking notes
- I have a calm body:

- ✓ My feet are under my desk
- ✓ My hands are quiet on top of my desk or writing the answers
- ✓ I am sitting up straight in my chair

- I am working on the task my teacher gave me

*What does it look like?*

- Eyes are looking around the room
- My hands are playing with my pencils or highlighters
- I do not have a calm body:

- ✓ My feet are moving around or kicking
- ✓ My head is down or looking around the room
- ✓ My hands are moving, fidgeting with pencils, or tapping the desk
- ✓ I am moving around in my chair

- I am not working on what I am supposed to be doing

*When I am off-task sometimes I need a reminder to get back to work.*