

# Managing Distractibility During Homework

Teens can benefit from a mix of structured strategies, environmental modifications, and engaging activities to manage distractibility and improve focus during homework or assignments. Here are practical suggestions tailored to their needs:

## Setting Up a Distraction-Free Environment

- **Declutter the Workspace:** Keep the study area clean and free from unnecessary items.
- **Use Noise-Blocking Tools:** Noise-canceling headphones or white noise apps can help minimize auditory distractions.
- **Limit Digital Distractions:** Use apps like **Forest** or **Focus@Will** to block distracting websites and encourage focus.

## Chunking Tasks

- **Break Assignments into Smaller Steps:** Divide large tasks into manageable parts with specific, short-term goals.
- **Use Checklists:** Write down each step of the task to check off completed sections for a sense of accomplishment.

## Timed Work Sessions

- **Pomodoro Technique:** Work in short bursts (e.g., 25 minutes) followed by a 5-minute break. Use timers like **Tide** or a visual timer.
- **Gradual Increase:** Start with shorter sessions and gradually increase their length as focus improves.

## Multisensory Learning

- **Use Colors and Visuals:** Highlight notes, use colour-coded materials, or create mind maps.
- **Hands-On Tools:** Incorporate fidgets, stress balls, or textured objects to help with kinesthetic focus.

## Movement Breaks

- **Incorporate Physical Activity:** Every 20–30 minutes, encourage brief movement like stretching, jumping jacks, or walking to reset focus.
- **Chair Exercises:** Small movements, like bouncing on an exercise ball or using a wobble cushion, can help stay engaged.

## Active Engagement Strategies

- **Read Aloud:** Reading homework aloud or recording and listening to yourself can improve attention.
- **Talk It Out:** Discussing ideas with a parent, tutor, or peer to stay engaged.

## Technology Aids

- **Organizational Tools:** Apps like **Todoist**, **Google Keep**, or **Notion** help track assignments and deadlines.
- **Focus Tools:** Apps like **Cold Turkey**, **StayFocusd**, or **RescueTime** limit distractions during homework.

**For More Information:** If you'd like additional guidance, have questions, or want to speak with an occupational therapist, please reach out:

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