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> CD Contents

- 8 Parent Letters (one for each session)
- 5 Power Point Presentations to Supplement Key Lessons
- ASCA National Standards
- All Reproducible Pages from Activities



ACTIVITY 2.8: Two Things at Once

OBJECTIVE: Students will learn how distractions can affect their learning.

MATERIALS: Two Things at Once sheet (one for each student)

Pencils

PROCEDURES:

1. Ask students what happens when they try and do two things at once. Discuss answers. Often one or both of the activities suffer because their attention is divided between the two tasks.
2. Distribute the Two Things at Once sheet to students upside down. Tell the students that when you say go, they are to turn their paper over and write down as many animals that they can think of in about two minutes. You can tell them that you will give a prize to the student who gets the most.
3. While they are writing down the animals, tell the students that they are to also listen to the story that you are going to read out loud. Begin.

{The Football Game Story}

It is the night of the long awaited state championship game for two rival high school football teams. The 12 and 2 Duluth Lions are playing the 13 and 1 Jesup Eagles on this beautiful fall night at the Georgia University Stadium. The star Duluth Lions quarterback, Tommy Harper, is returning after a torn hamstring in his left leg. Fans are so excited he is back, they feel the Lions will certainly clinch the title. As for the Jesup Eagles, recruiters have been following their star running back for weeks now. Everyone is anxiously awaiting which college Patrick Mann is going to choose.

It is now 7:30pm and kickoff is about to begin. The Lions win the coin toss and choose to receive. Both coaches are running up and down the field yelling as the players take their positions. The whistle blows and there's the kick...Chris Green makes the catch. He runs 20 yards, now 50, now 80 total yards for a touchdown! Amazing!! The Lions are surely on their way to a great game!

4. When you finish the story, have the students answer the questions at the bottom of their paper. Read the answers and have them check off which ones they got correct. Ask them how they did. Discuss how difficult it is to do two things at once.



ACTIVITY 2.8: Two Things at Once

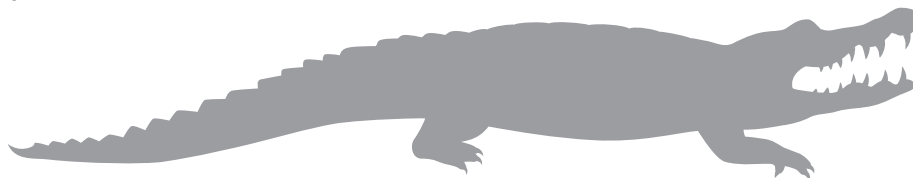
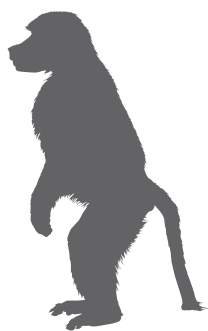
CONTINUED....

Answers to the Football Game Story

1. What two teams played in the championship game? (The Duluth Lions and the Jesup Eagles)
2. What was the weather like for the game? (Beautiful fall night)
3. What was the name of the quarterback who tore a hamstring? (Tommy Harper)
4. What position does Patrick Mann play? (Running Back)
5. What time was kickoff? (7:30pm)
6. Who won the coin toss? (The Lions)
7. How many total yards did Chris Green run for a touchdown? (80 yards)

5. Ask students what happens at home or at school when they try to do two things at once.

SUMMARY: Remind the students that it is important to keep their SPACE free from distractions while doing their homework. Tell the students that it is difficult to do two things at the same time and do well on both.





Two Things at Once

Name: _____

DIRECTIONS: Write down as many animals that you can think of in two minutes.

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

{The Football Game Story}

1. What two teams played in the championship game? _____
2. What was the weather like for the game? _____
3. What was the name of the quarterback who tore a hamstring? _____
4. What position does Patrick Mann play? _____
5. What time was kickoff? _____
6. Who won the coin toss? _____
7. How many total yards did Chris Green run for a touchdown? _____