

## Attention barometer

**Metacognitive skill targeted:** self-regulation

### When to use it

Before starting an exercise or a task

### What you'll do

Before starting an activity, you can indicate your level of attention. This will help you plan for activities that need more focus and spot the ones that don't take as much effort.

### What You Need

- The attached emotion barometers and the arrow
- 1 brass fastener

### How to use it

1. Cut the coloured attention barometer and the arrow.
2. Fasten the arrow in the centre, at the bottom of the attention barometer.
3. You can now use your attention barometer before various class activities.
4. To keep in mind the level of attention you need for specific exercises, you can colour the empty templates and write the name of the activity.

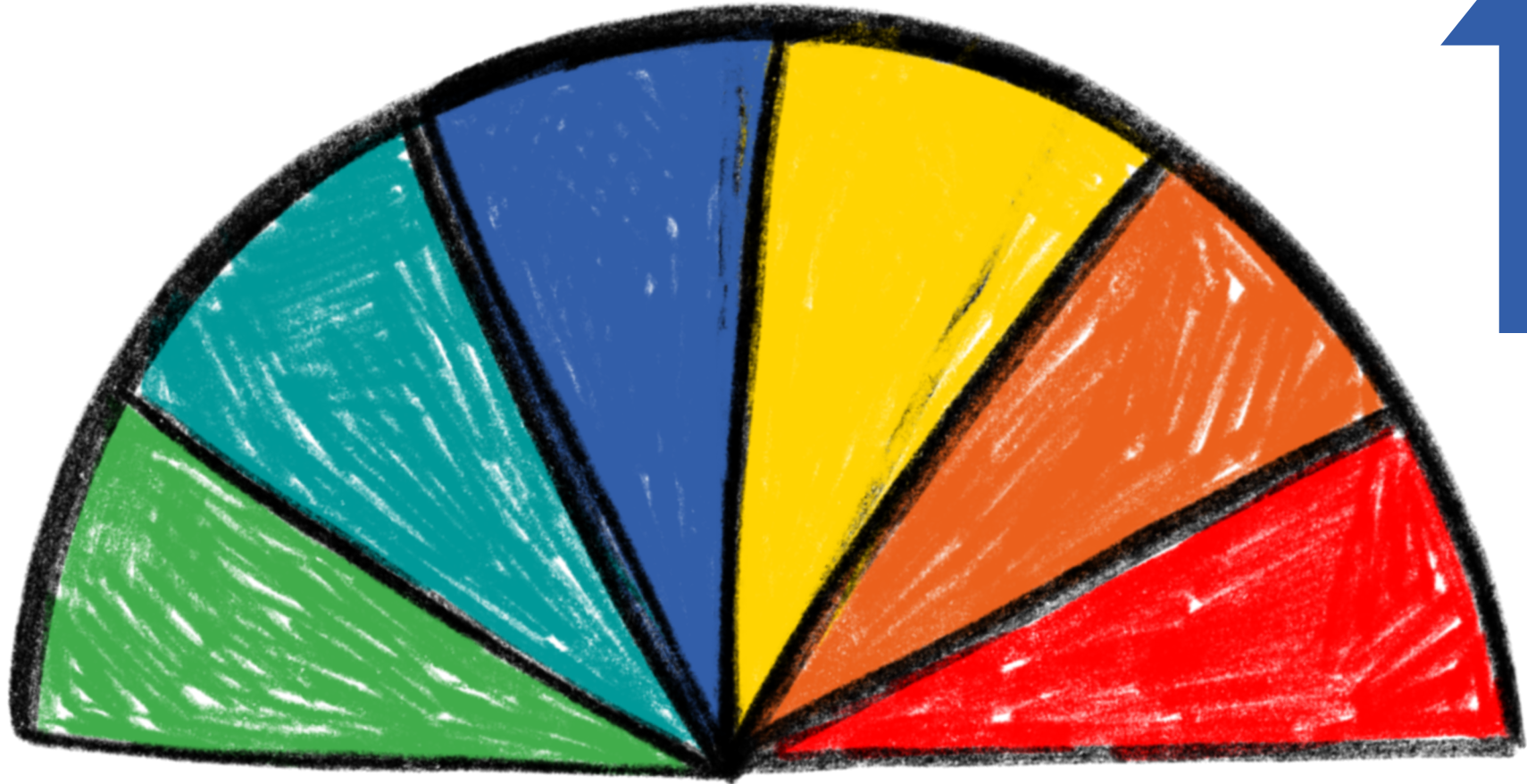
When you feel that your attention is on a good level, colour the barometer in green or blue and then proceed with the exercise.

On the other hand, when you feel that your attention is on a low level, colour the barometer orange or red and before proceeding to the exercise, inform your teacher or take some time to relax. For instance, with the relaxation cards.

## What do the colours mean?

Green	I'm full of energy, ready to be fully focus. My attention is at its highest level.
Blue	I'm feeling good, I can focus for a long time on a task.
Dark blue	I'm feeling a bit distracted, but I can still focus for some time on my task.
Yellow	I'm feeling distracted, I can focus on a task but just for a short time.
Orange	I'm easily distracted; I can feel that I struggle to focus.
Red	I can't focus. I feel that I have no attention level.

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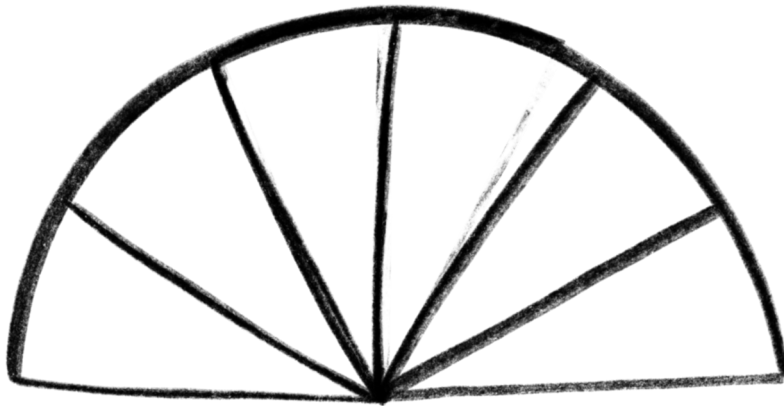
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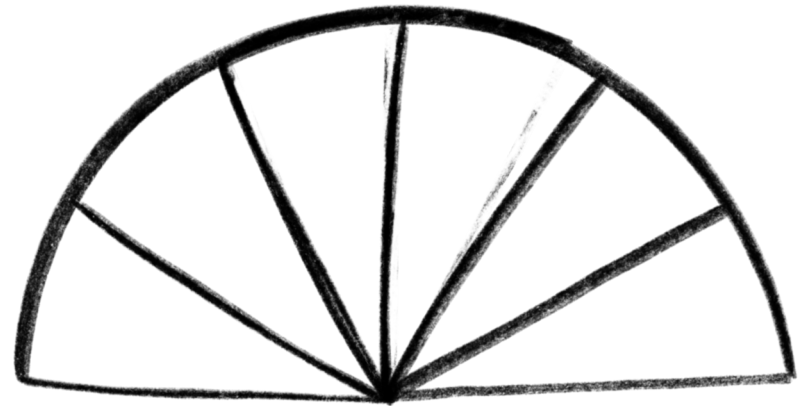


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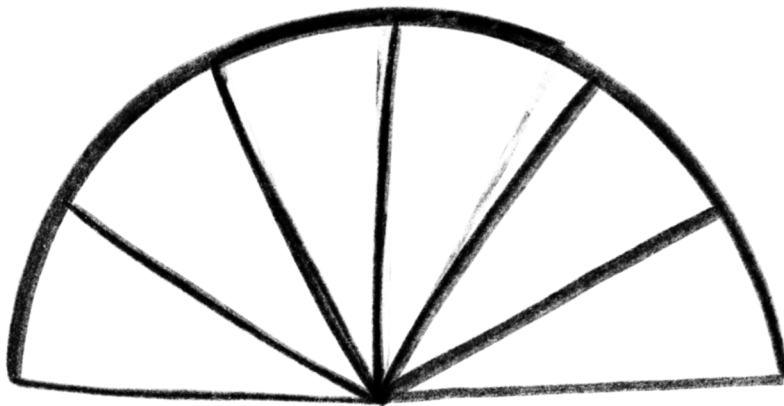
Name of the activity:



Name of the activity:



Name of the activity:



Name of the activity:

