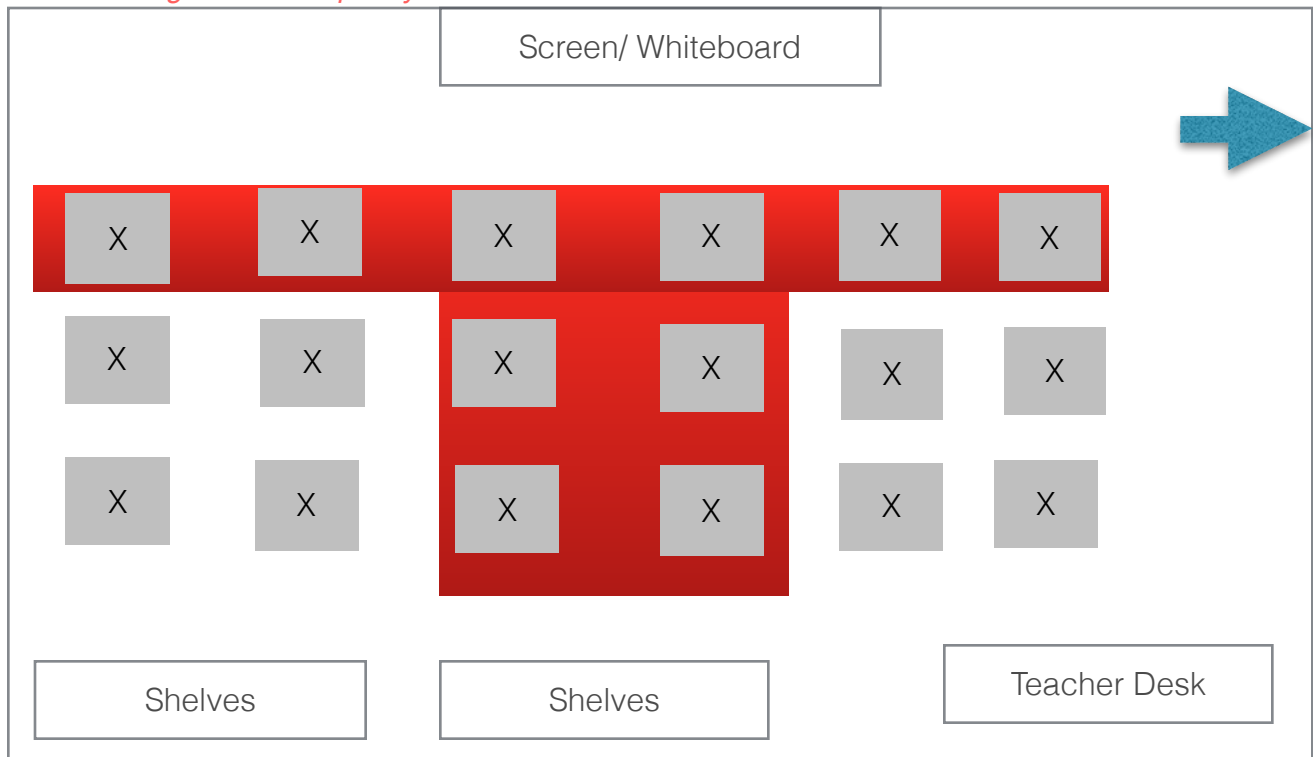


## Lesson #4: Interacting with Teachers

1. Where should you sit in the classroom to most easily pay attention & get the teacher's attention?

The box below represents a typical N-K classroom. Draw a diagram to show a bird's eye view of the classroom we're currently in. Then, circle the area that is best for students to sit in pencil.

The red area is known as the "T" Zone & is the best place to sit if you have trouble concentrating or need help on your school work.



2. If you feel you need your seating assignment to be changed to better be able to pay attention, what should you do?

You should ask your teacher if you could be moved to the front or middle of the room in the "T" Zone.

3. When would be good times to ask teachers questions about school work?

- WIN Time
- Before School/After School
- After the teacher is done talking/giving instructions
- Ask to make an appointment
- During study hall if you call ahead of time

4. Why should you ask teachers for help on your school work?

- Teachers can clear up confusion and help you understand a concept better
- Teachers can explain it to you in a different way for better understanding

## Lesson #4: Interacting with Teachers

- It shows the teacher that you are a good, responsible student, and they will take that into consideration in future situations
- It helps to grow a good relationship with your teachers.

If you have a hard time paying attention in class, what can you do to help yourself focus (or stay focused)?

Take a short walk. It helps you to get your blood pumping and wake up your system immediately.

Adjust your posture. Sitting up straight, uncrossed legs, and leaning slightly forward all make your circulatory system run more efficiently.

Take some deep breaths. It will revive the oxygen in your system

Stretch your arms & legs, as much as possible without disrupting class. It has a wakening effect, just like when you wake up in the morning.

Stretch your eye muscles. When your eyes are tired, it can make the rest of your body tired, too. To stretch your eye muscles, briefly & gently massage your eyes over your eyelids. Then, Roll you eyeballs up toward the ceiling and hold for 10 seconds, and then down to the ground for 10 seconds, while still keeping your eyes closed until you are done with your “eye stretches.”