

Shape a Workable Attention Space

Attention planning and follow through | Adults and teens 13+ | 10 to 15 minutes

Test one environmental change that may support a chosen activity.

Attention depends partly on the situation around you. A workable space may look different for different people and tasks. Start with one activity and one change you can realistically make, even if you do not control the whole environment.

Look at the current setup

Notice noise, light, movement, notifications, temperature, seating, materials, and interruptions. Some input may help you stay engaged while other input pulls you away. Describe your experience rather than assuming that complete silence is best.

Change one thing

Try keeping needed materials within reach, moving a distracting object, choosing a different seat, or asking for an agreed quiet period. Consider safety and access before using headphones or muting notifications. Keep necessary communication available.

Evaluate usefulness

Do the task briefly and ask: Did starting or returning become easier? Was the space comfortable and accessible? What tradeoff appeared? Keep, modify, or stop the change. An experiment that does not help still narrows the choices.

The activity and where I usually do it

Input or interruptions that help and hinder me

One environmental change I can test

What I noticed and what I will keep or change