

Boring Moment Expectations:

When I am in a group of two or more people, I risk getting a bit bored. It is expected that I will be bored part of the time I am in a group. Here are some EXPECTED behaviors I DO when I am bored:

- Keep my body and eyes turned toward the teacher or group.
- Keep my comments focused on the topic.
- Fidget or doodle quietly without distracting others or even myself from what is going on around me.
- Keep my classwork on my desk.
- Keep my negative thoughts to myself.
- Stay alert to the group so I can jump back into the discussion without looking like I wasn't paying attention.
- Continue to sit up in my chair.
- Keep my hands and feet to myself.

Doing What is UNEXPECTED when I am Having a Boring Moment

When I am in a group of two or more people, I risk getting a bit bored. It is expected that I will be bored part of the time I am in a group. If I do UNEXPECTED behaviors when I am bored I am likely to get myself in trouble or to make people around me have "weird thoughts." Unexpected behaviors include:

- Wandering around the classroom or away from the social group.
- Sleeping or looking like I am sleeping.
- Distracting others with my body or words.
- Talking about things not related to the topic or class work.
- Telling other people what they are doing is wrong.
- Taking trips to the bathroom or pencil sharpener.
- Reading books during class time that are not related to class work.
- Turning my body and eyes away from the teacher or group.
- Announcing I am bored or that I already know all the information!