**Instruction:**

According to the reading on the above link describes five techniques of concentration.

**1: Stretch your limits**

**2: Focus on one thing**

**3: Tune out Distractions**

**4: It is Ok to Take a Break**

**5: Variety is Key**

Complete these sentences

1. When you have a lot of work to do, homework, read a book, etc. you have to
2. When we have to think in a lot of things that we have to do we have to focus
3. What does concentration technique number three is about?
4. Why it is important not to overwork?
5. Do you have problem with concentration?
6. If you have it, what do you do for improve your concentration?
7. What do you think about people that can’t concentrate?

**EVALUATION**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CATEGORY | EXCELLENT | GOOD | REGULAR | LIMITED |
| ANSWER | The exercise is correct and complete. | More than half of the answers are correct | Less than half of the answers are correct | The majority of the answers are wrong. |

*Send it through Virtual Platform.*

*Remember: the name of the file should be named:*

***Last Name\_Given Name\_Concentration\_Techiniques***