Social Skills
Staying on Task

1. Look at your task or assignment.
2. Think about the steps needed to complete the task.
3. Focus all of your attention on your task.
4. Stop working on your task only with permission from the adult who gave you the task.
5. Ignore distractions and interruptions by others.

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**Ugh. I put off making this school project, and now it’s due tomorrow, and I have all this other work to do for this week ...**

**Yeah, I guess.**

**Okay.**

**An hour later ...**

**How’s it going?**

**I’m almost done! I guess I just needed to really focus on it.**