

Name:

Date:

Identifying External Distractions vs. Internal Distractions

Cut out the following statements.

Then, glue them under the correct category.

Someone is talking
in the classroom.

You can't stop
thinking about
what's worrying you.

A phone rings.

You are thinking
about your
weekend plans.

You are very
hungry.

You are sitting in an
uncomfortable
position.

You are very excited
about an upcoming
event!

There's a funny
smell in the air.

Someone is waving
at you from the
window.

A dog walks by you.

Your heart is
beating fast.

You remember a
discussion you had
earlier today.

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External Distractions

Internal Distractions

