

# ATTENTIVENESS vs. Distraction

Concentrating on the person or task before me

I choose to:

- Look at people when they speak
- Ask questions if I don't understand
- Sit or stand up straight
- Not draw attention to myself
- Not be distracted by others



Attentiveness in the home includes:

- \* Showing support for each other by listening to others ideas
- \* Encouraging other family members by expressing an interest in their activities.
- \* Making family members feel important by spending time alone and listening to their interests

Listening is more than hearing words. It is also discerning facial expressions, tonal patterns, body language and emotions.

The Benefits of Attentiveness are:

LEARNING: You will discover the secret of learning is to ask as many questions as you can

RESPECT: You will gain the respect of others as you listen, discuss and value their opinions

COURTESY: Our children grow in consideration of others and develop concentration skills.

The eastern grey kangaroo is known for its excellent hearing, and its ability to "tune in" to a particular sound. For them, attentiveness can be a matter of life or death.



*Those who listen best learn most.*