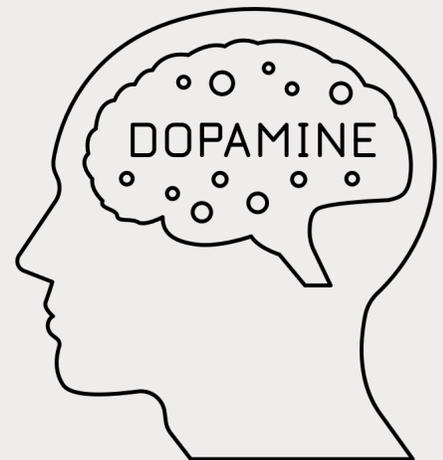


THE DISTRACTED BRAIN

5 Strategies for regaining focus in the classroom

A neuroscience informed approach to dopamine, attention and digital detox.



1 Build Dopamine-Aware Lessons

Use novelty, choice, and short-term goals to create micro-rewards that lead toward deeper engagement.

2 Teach Brain Literacy

Help students understand how attention, distraction, and dopamine work.

3 Model Deep Focus

Minimise your own digital distractions to show students what presence looks like.

4 Create Tech Boundaries

Introduce tech free zones in the classroom or focus corners, to promote deep work.

5 Use Mindful Resets

Start or break up lessons with 2 minute focus activities to calm mental clutter.