

Tuning into People

I only think about what people are saying or doing. This is called 'being tuned in'.

When I remember to do this, I make friends and I know what's going on in the classroom.

If I think about other things, I can get distracted. I might even get stuck. Someone may say that I am 'tuned out'.

I will always think about what people are saying and doing. The teacher is happy when I am 'tuned in'.

