

Attention Level 4

- Seated at your desk or in a group
- Back straight
- Facial expression neutral, no smiling
- Hands in lap or on desk
- Difficult to maintain



Attention Level 3

- Seated at your desk or in a group
- Back relaxed
- Smiling
- Hands in lap or on desk
- Great learning position



Attention Levels For Learning

Attention Level 2

- Seated at your desk or in a group
- Back slumped
- Facial expression disinterested
- Head leaning on hands or arms
- Tells your brain to chill!



Attention Level 1

- Seated at your desk or in a group
- Back slumped
- Facial expression dull
- Head on desk or floor
- Tells your brain to go to sleep!

