

Daydreaming or Distracted K-2

Comparing daydreaming and distraction

Impact of Daydreaming	Votes
Table 7 Helps you focus creative problem solving relieves boredom nice break!	3
5-Helps you focus	0
Table 3 Mind Wandering not focused.	0
Table 1 Gives your brain a break. Refocuses your brain.	0
6 promotes creative problem solving	0
Table 4 helps you refresh your brain, critical in goal setting and problem solving, relieves boredom	0
Table 2 calming, brain break, creativity, focus, re-focus	0

Impact of Distraction	Votes
Table 1 Limit distractions. Makes it difficult to think deeply.	1
6 reduction in attention	0
Table 3 Increased Stress	0
Table 7 Less productive decreased satisfaction	0
Table 5-loss of focus	0
Table 2 loss of focus, frustration, lack of attention, stressful, loss of information, anxiety, over stimulated	0
Table 4- school work, increased stress, lack of focus	0