\*\*Activity: The Multitasking Challenge\*\*

\*\*Objective:\*\* To demonstrate the impact of multitasking on attention span.

\*\*Materials:\*\*

1. Timer or stopwatch

2. Pen and paper for each student

\*\*Procedure:\*\*

1. Begin the class by discussing the concept of multitasking and its prevalence in daily life. Explain that multitasking involves attempting to do multiple tasks simultaneously.

2. Ask students to make a list of common activities they engage in while studying or doing homework. For example, texting, listening to music, checking social media, etc.

3. Divide the class into two groups. Group A will participate in a focused, single-tasking activity, while Group B will engage in a multitasking activity.

a. \*\*Group A (Single-tasking):\*\*

- Give each student a pen and paper.

- Set a timer for 10 minutes.

- Instruct them to focus solely on solving a set of math problems or reading a passage without any distractions.

b. \*\*Group B (Multitasking):\*\*

- Give each student a pen and paper.

- Set a timer for 10 minutes.

- Instruct them to attempt to solve the same set of math problems or read the same passage while also checking their phones, listening to music, or engaging in any other distracting activity.

4. After the activity, ask both groups to reflect on their experiences:

- \*\*Group A:\*\* Ask them about their level of focus, understanding, and productivity during the single-tasking activity.

- \*\*Group B:\*\* Ask them about the challenges they faced, the quality of their work, and how well they were able to manage multiple tasks simultaneously.

5. Facilitate a class discussion about the impact of multitasking on attention span. Discuss the findings from both groups and encourage students to share their thoughts on the effectiveness of single-tasking versus multitasking.

6. Conclude by emphasizing the importance of maintaining focus and minimizing multitasking when trying to learn or complete tasks that require concentration.

This activity provides a hands-on experience for students to observe firsthand how multitasking can affect their attention span and overall performance.