Movement in class

My Focus Helper

Sitting, standing, moving: everyone finds their own way to work.

My Focus Helper

How I'm working right now:

- ☐ I'm sitting.
- ☐ I'm standing.
- ☐ I'm moving my feet.
- ☐ I need a break.

Could I start, work and stop?

☐ start ☐ work ☐ stop

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Cut out, put on the desk, check before and after work time.