

Movement in class

My Focus Helper

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

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

Sitting still isn't the same as focus