



Productivity



Grade 6



Mentee:

Grade: Date:

PRODUCTIVITY ACTIVITY:

Choose a quiet space and **work on a task for 20 minutes without distractions**. Choose something that requires concentration. Complete a puzzle, make study notes on a specific topic, finish an assignment for school, read a book, or choose any other activity that requires you to focus for at least 20 minutes.

What task did you do? Why did you choose that one. How did working without distractions feel? Explain in at least 80 words.

