

Working in an environment where you are trying to concentrate whilst feeling physically irritable

	Sit	Read instructionsConduct ExperimentRecord Feeling on your cardDraw Conclusions REFLECT					
		Instructions					
	Step 1	Place the scratchy material in an irritating place. Preferable the wrist you write with (keep it clean)					
	Step 2	Look at Sheet 1 Find 10 differences					
	Step 3	Remove the itchy object from where you placed it and place it back on the table					
	Step 4	How did you FEEL?					
		Circle the emoji (on your card)					
	Reflect						

Leave the instruction sheet Collect any work you have done	When instructed move to the next station	1	Wait to be told to move	Well done	
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