

DRAGONS OF DISTRACTION

"Now is the time for service . . . Release yourselves from all distracting thoughts . . ." —'Abdu'l-Bahá

Have you ever gotten so caught up in a video game or a TV show that you forgot all about homework, chores, or plans with a friend?

The world is full of magical, awesome things to explore and do. But tablets, smartphones, and other devices can swoop in and snatch our focus, like powerful flying dragons. Without mindfulness and moderation, it's easy to burn up our energy on things that don't mean much to us.

Entertainment can be a tricky beast, so watch for signs of getting carried away. Do you automatically turn to screens when you have free time? Do you have a hard time stopping? Try to spend time in nature or have fun with art to give your brain a break.

When we're careful about how we use technology, we can tame those distractions instead of letting them run wild. Then we can build our skills, stretch our wings of creativity, and soar into service.

Dragons at this school need to study, but they're getting distracted. Match each one with the item that will help.

