# The Attention Experiment guide

Everything you need on one page. Stick it on the fridge, or up on the classroom wall. When you notice a Scroll Loop, say the four words and do the movements.

### SCROLL

is the moment you open your device.

**Movement:** Swipe your thumb

### LOOP

is when design and habit take over.

**Movement:** Trace an infinity loop

### NOTICE

is when you catch yourself in it.
Say "Scroll Loop".

**Movement:** Tap your temple

### CHOOSE

is when you choose what to do next.

**Movement:** Hand on your heart

## Scroll Loop Bingo: why do I open my phone or device?

| | | |
|---|---|---|
| ☐ Bored | ☐ Relax | ☐ Connect |
| ☐ Learn | ☐ Dopamine | ☐ Work |
| ☐ Avoid | ☐ Habit | ☐ Check |

Tick the ones that are yours.

## Every time

1. Notice a Scroll Loop, on any device.
2. Say "Scroll Loop" to yourself, or "I'm in a Scroll Loop."
3. Choose what to do next.

You could do the four movements, put it down or in another room, stand up and stretch, talk to someone, close the tab, or keep going on purpose.

**Noticing is the win.**

*You may photocopy this page for home or classroom use. Print your own at theattentionexperiment.com/printables*

The Attention Experiment®