

**Round 1:**

You will attend to two different cognitive tasks.

Task 1: For the first task, grab a sheet of paper and a pen. You will be writing a story. Your story can be about anything: How your day was, "The Three Little Pigs," anything. *Allow students to set up materials.*

Task 2: While performing task one, you will have another simple task: Count backwards in increments of "1" from 200 to 1. 200, 199, 198. And, do so **out loud**.

*As students are performing this set of tasks, time them to see how much they accomplished in 4 minutes.*

At the end of round 1, jot down what number you ended at and how many words you wrote.

**Round 2:**

You will attend to one task at a time. You will spend two minutes on task one. Then, I will announce for you to switch and spend two minutes on task 2.

Task 1: You will once again write a story. Please make your story about something different than in round 1.

Task 2: Count backwards from 200.

After 4 minutes, jot down how many words you wrote in task one and the number on which you ended your count. Discuss your findings!

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**Note:** If you want a more simplified experiment, try this:

A rock-paper-thumb-war

1. Find a partner.
2. With your right hand, prepare for a thumb-war.
3. While you are engaging in a thumb war, your left hands will simultaneously play continual games of rock-paper-scissors. Enjoy the challenge!

<https://www.weareteachers.com/proving-the-myth-of-multitasking-with-a-simple-experiment/>