

**It won't hurt
to just check
my email.**

**The doorbell
rings.**

**It's lunchtime
and I'm
hungry.**

I'm too tired.

**I'm hot (or
cold).**

**The phone
rings.**

I'm thirsty.

**I want to play
instead.**

**I feel like doing
something else
right now.**

**I've run out of
time and have
to go.**

**I'm falling
asleep.**

**My mind
keeps
wandering.**

**It's nice
outside.**

**There's
something
good on TV.**

**Someone
interrupts me.**

**I say to
myself that
I'll do it later.**

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