Cummins' Four-Quadrant Paradigm

Cognitively Undemanding
Low Challenge

Comfort Zone

* Social conversation with peers
* Games of chance

Context Embedded
High Support

* Art making
* Science experiment
* Demonstration
* Math word problems with visuals
* Games of skill

Engagement Zone

Cognitively Demanding
High Challenge

Context Reduced
Low Support

* Lecture on an unknown topic
* Standardized test
* Writing an essay

Frustration Zone

Boredom Zone

* Texting a friend
* Basic math computation
* Spelling words in a list

High Support