

During the first paragraph of קריאת שמע, it is אסור to signal with eyes, or fingers to another person, as a person must have total כונה while saying the first paragraph of שמע. The ביאור הלכה mentions that some are מקפיד on the second paragraph of שמע as well.

One who is able to immerse himself in תורה and instead engages in waste of time, or as the רמ"א says, mundane talk, is considered to disgrace the רבש"ע.