

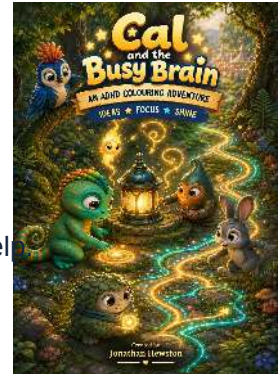


Busy Brain sample activity

A simple noticing-and-talking activity for home or school.

My busy-brain clues

There is no right answer. Notice what happens, then choose one thing that might help.



1. What do I notice in my body?

Draw or write a clue:

2. What is my brain doing?

Circle or add your own:

fast • jumpy • stuck • full • curious

My word: _____

3. What could help right now?

movement • quiet • water • a pause

ask for help • break the task down

My idea: _____

Talk together

What helped a little?

What could we try next time?

What should an adult know?