



BOOK COMPANION



Helping Your Child Manage Distractions



Meet your brain's Cranium Critters



Scout the Safety Pup (Amygdala): Scout keeps watch and barks when there's danger –but sometimes overreacts!



Einstein the Wise Owl (Prefrontal Cortex): Your brain's head thinker. From his executive office, he helps with planning, focus, organization, and decision-making.

Distractions & Decisions

When Cranium Critters get distracted by ground squirrels, tree squirrels, or flying squirrels, it's hard to concentrate and get things done. Keeping Scout calm and controlling those squirrely distractions helps Einstein make better decisions and stay on track.

Read Aloud and Video

1. Read aloud *Cranium Critters: Einstein Acts When Squirrels Distract*
2. Ask questions to build brain awareness. For example,
 - What kinds of distractions do you think bother Einstein the most?
 - Why is it important to manage distractions?
 - How does keeping Scout calm help Einstein focus?
 - How can you and Einstein control distractions in your brain?



PAUSE PLACE-EXECUTIVE FUNCTIONS

Practice managing distractions together so your child can stay focused and make good decisions when it matters most..

Tools for Managing Squirrels

Try these simple tools with your child:

- Mind Jar to refocus attention
- To Do Task Sheet to plan
- First \Rightarrow Then Plan for prioritizing
- "No Squirrels Allowed" sign to block distractions
- Visual Time Trackers to manage time
- Helpful Hoots to stay positive

