

With practice, you can work with your Cranium Critters! Remember with Emory You've got the tools—now trust your cranium crew!



You're In Charge!

The Pause Place is a cozy brain break spot. It's where you can go to breathe, stretch, squeeze, and settle your thoughts. When your emotions settle, your thinking gets clearer!



Visit the Pause Place

Scout might bark loudly, keeping Einstein from thinking clearly. That's when Emory steps in to remind you: "You've handled hard things before—you can do it again!"



When BIG feelings swirl...

Emory is the Memory Keeper, storing helpful memories and lessons. She lives in the hippocampus, your brain's memory library. Emory reminds you of what you've done before to help you try again.



Emory Memory Keeper

Want to Learn More?



Visit CraniumKidsMedia.com
Books · Videos · Activities
Little Life Lessons

 BIG Life Skills

MEET THE CRANIUM CRITTERS!



Cranium Critters live inside the brains of ordinary, extraordinary humans everywhere!

Scout Safety Pup



Scout is your brain's Safety Pup, always on the lookout for danger. She lives in the amygdala, the emotion control center. When Scout barks, your body gets ready to fight, run away, or freeze - to keep you safe.

Einstein Head Thinker



Einstein is your Head Thinker, making smart choices, solving problems, & managing distractions. He works in the prefrontal cortex, your brain's executive office. Einstein helps you focus, stay calm, and do your best thinking.

After a short pause, Einstein feels calm and can think clearly again. The squirrels are still around, but now he is ready. With practice, he can focus anytime. You can too!



Back in Action!

When thoughts are flying in every direction, Einstein needs help. That's when he visits the Pause Place, a brain break zone where he can breathe, stretch, and make a plan to get back on track.



Time to Pause

Flit the Flying Squirrel zips through. "Forget that! Let's skip this and move on to something else!" Flit loves to hop from one idea to the next before anything gets done. Einstein flutters between thoughts—can't focus, can't finish!



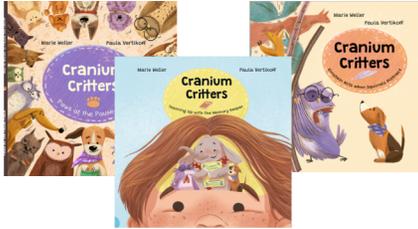
Triple Trouble

Next, Dreama the Tree Squirrel swoops in. "Remember that game you love? Let's think about it instead of working!" Dreama distracts Einstein with inside-the-head thoughts and daydreams.



Another one?!

Want to Learn More?



Visit CraniumKidsMedia.com
Books · Videos · Activities
Little Life Lessons

 **BIG Life Skills**

EINSTEIN'S SQUIRREL TROUBLE



Cranium Critters live inside the brains of ordinary, extraordinary humans everywhere!

Meet Einstein



Einstein the Owl is your Head Thinker. He lives in your brain's prefrontal cortex - his executive office. Einstein helps you focus, plan, make good choices, and manage squirrely distractions.

Uh oh... Incoming!

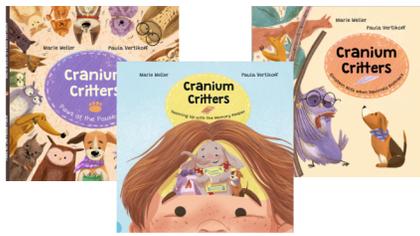


Speaking of distractions . . . Gizmo the Ground Squirrel wants Einstein's attention. "Hey, what's that sound outside the window?!" he taunts. Einstein looks up from his work.



Back on Track

With Emory's help, your confidence grows. Einstein can plan. Scout can settle. You're ready to try again. Looking back helped you move forward.



Want to Learn More?



Visit CraniumKidsMedia.com
Books · Videos · Activities
Little Life Lessons

 BIG Life Skills



Planning with the Past

Emory doesn't just remind you what happened. She works with Einstein and Scout. Together they make a new plan. What worked before? What might help now? Emory turns remembering into doing.

EMORY HELPS YOU REMEMBER



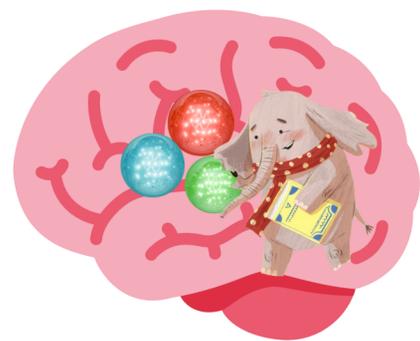
Cranium Critters live inside the brains of ordinary, extraordinary humans everywhere!



Fog vs. Facts

Strong emotions can make your brain feel foggy. You may forget a time you kept going, a time you stayed calm, a time you solved a problem. These memories give you strength to try again.

Meet Emory



Meet Emory the Elephant, your brain's Memory Keeper. She keeps track of things you've seen and done. She stores helpful lessons from the past. When you're stuck, she helps you remember what worked last.



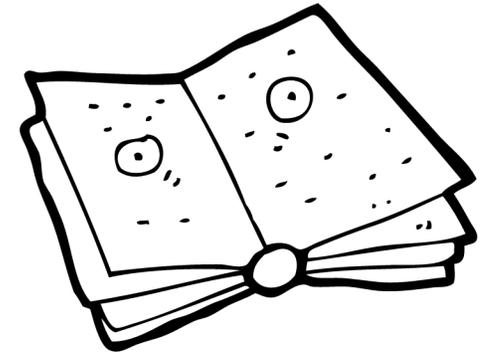
Replay the Win

Stuck in the Moment



Sometimes, when things get hard, your brain says: "I can't do this!" That's when Emory leans in and whispers, "Let's remember a time you made it through."

FOLDING INSTRUCTIONS



1. Fold on ALL lines. Be sure to make a good crease by using your finger to press the seam firmly.
2. Fold in half, placing the Shorts Ends 1 and 2 together and cut on the dotted line segment only.
3. Now fold in half the long way, placing Long Sides A and B together, so that you can see a diamond shape where the cut was just made.
4. Fold and flatten the book pressing the cover to the correct side.
5. Create your pages and content according to the instructions. in each segment.

LONG SIDE A

Page 3

Page 4

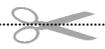
Page 5

Page 6

DO NOT PRINT - FOR INSTRUCTION PURPOSES ONLY. Print page 1 only.

SHORT END B

SHORT END A



Page 2

Page 1

Front Cover

Back Cover

LONG SIDE B