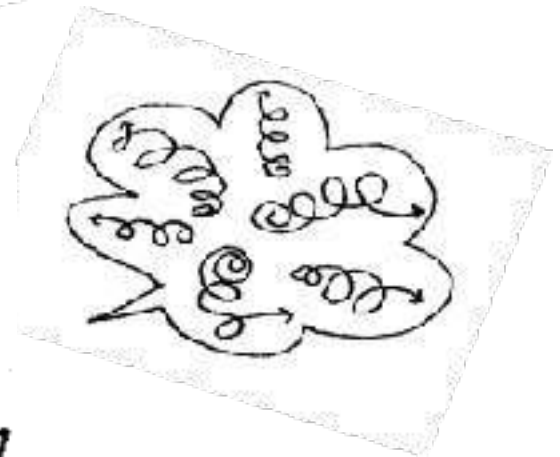
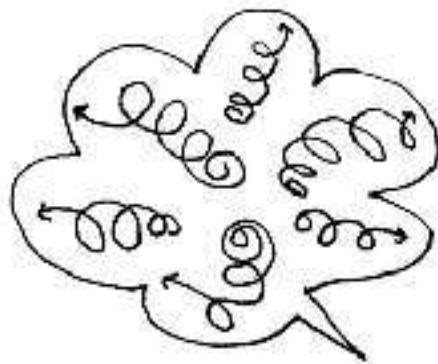


Restless Raccoon Teaches His Brain to Calm Down



A Focused Kids Book

by Kathy Hegberg

illustrations: Theresa Jones

translation: Yolanda Gonzales

Thanks to the very talented FocusedKids team!

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I'm smart!

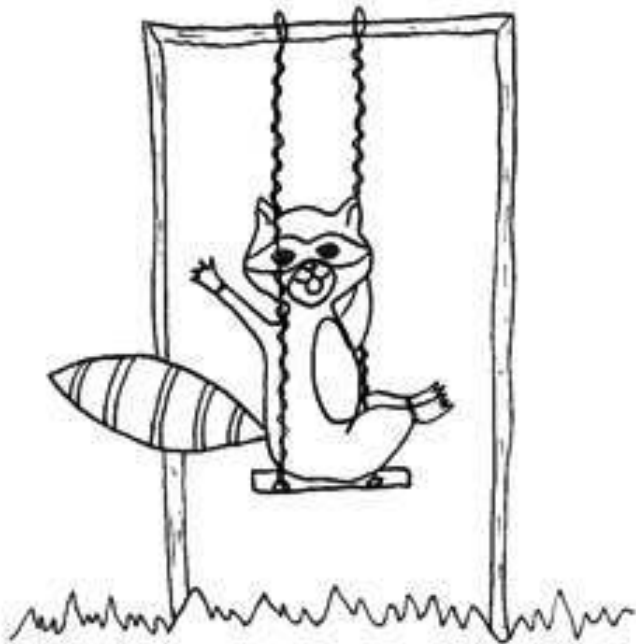


But I am very restless which means

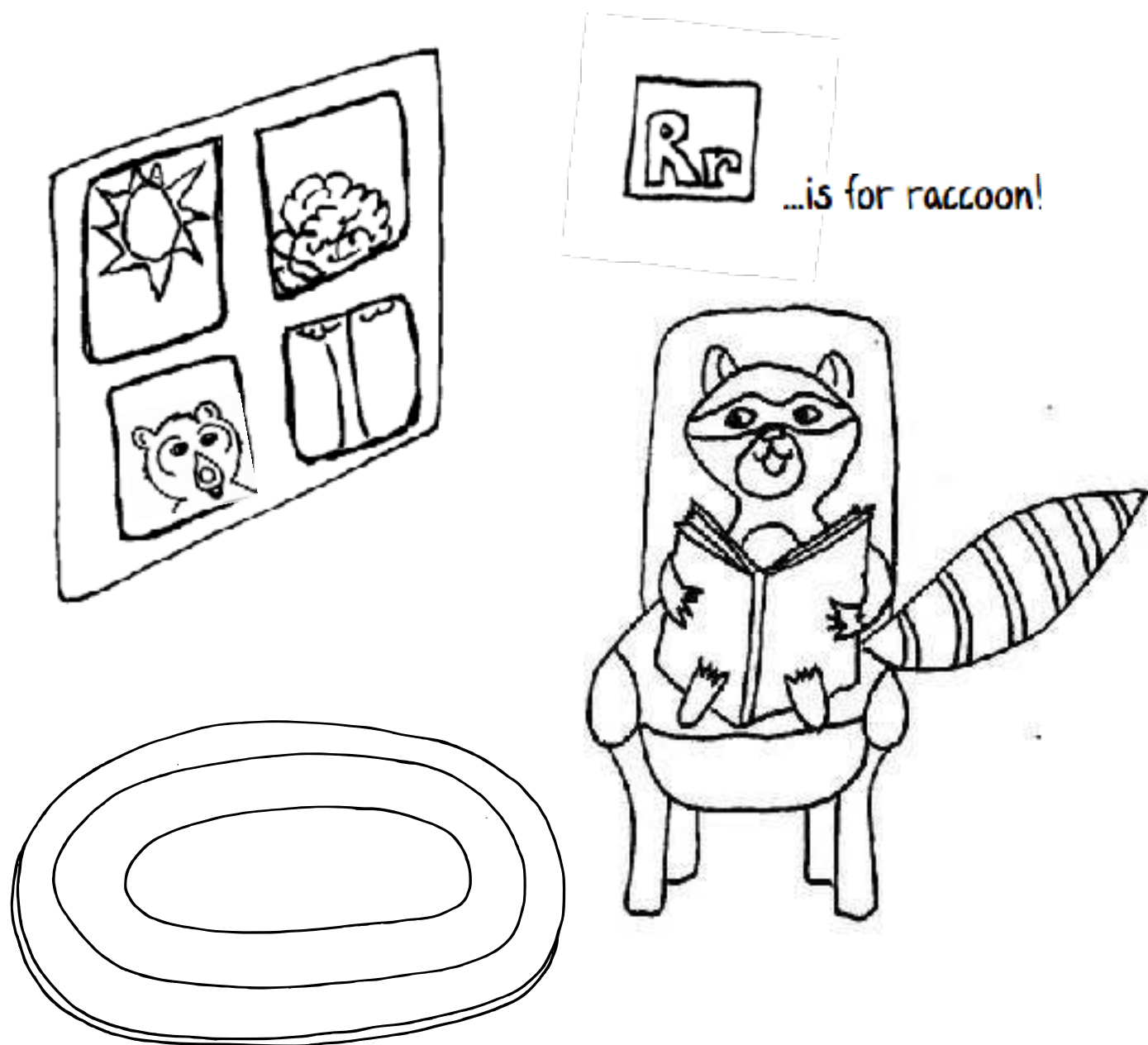
I have a hard time sitting still, and paying attention.



Does that happen to you?



Being restless makes it seriously hard to learn.



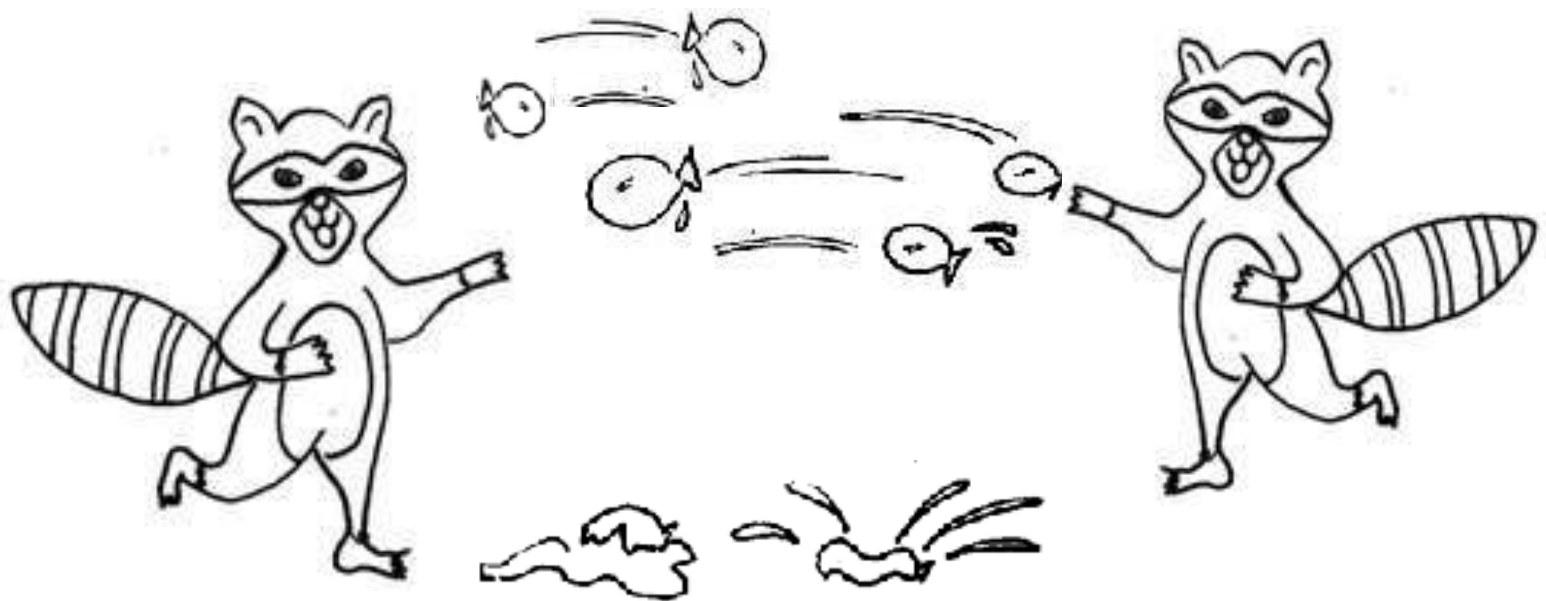


So when I am in school...

Instead of doing my work...



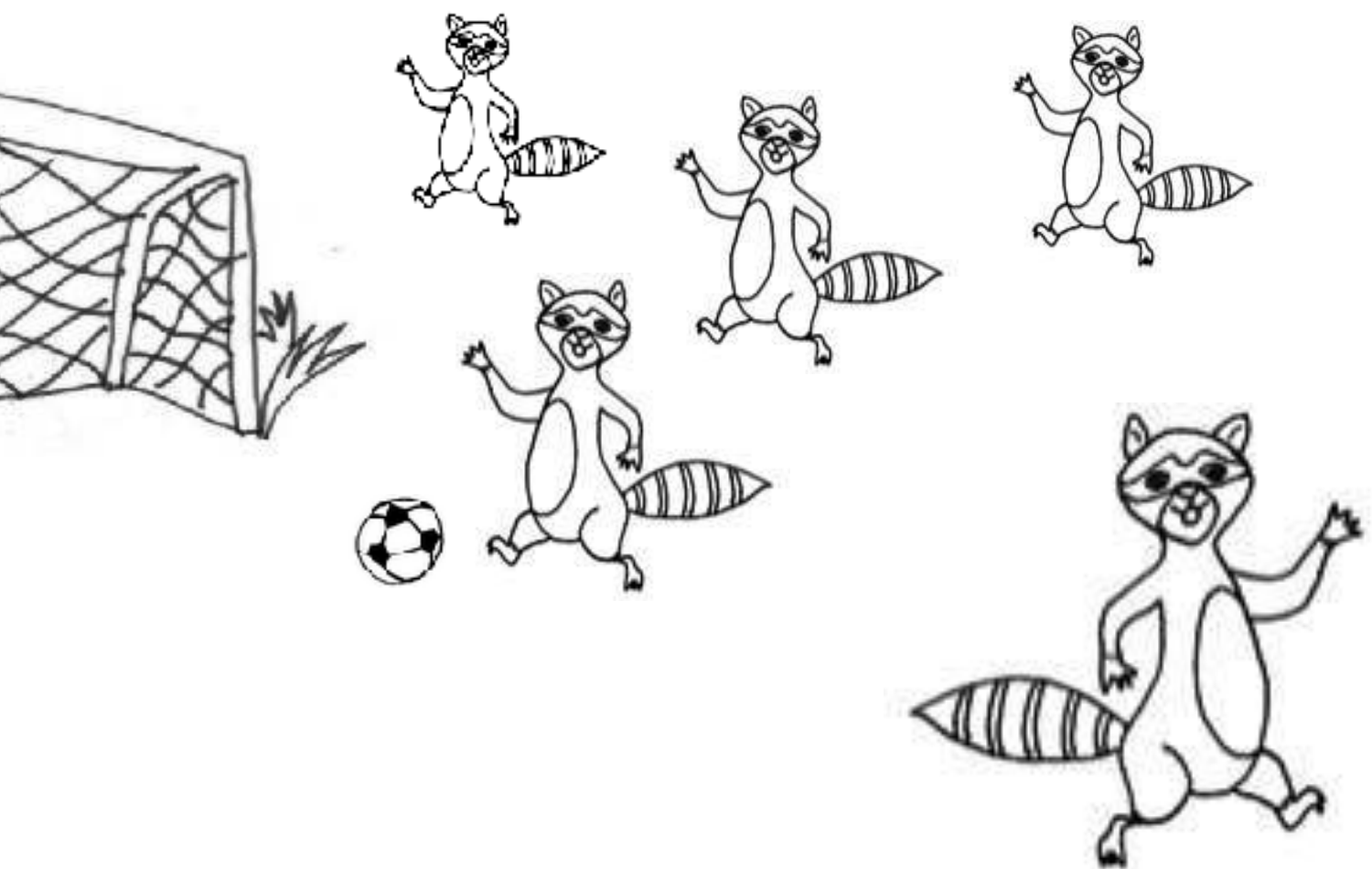
I dream about filling water balloons in the restroom!



And then having a crazy water balloon fight at recess!



I play soccer, which I love!



But when I am restless, and not paying attention
I run the wrong way on the field!

Everyone thinks it's funny.



Not me.

It's super embarrassing!!!



Sometimes I just feel dumb.

Then one day I met Wise Owl.

I'm **Wise Owl**. I'm like the part of your brain called the **PREFRONTAL CORTEX** (PFC). I am here to help you solve problems...like why you are restless and are having trouble paying attention.



I'm called the **PREFRONTAL CORTEX**.



You mean I can solve my own problem with my own brain???



Yes. That's right. Are you ready?
You see, when you are restless there is a part in your brain
making "restless" happen.



Really?

It's called the **AMYGDALA**.

Hi!

I'm **Guard Dog**. I'm like the part of your brain called the **AMYGDALA** I am here to keep you safe. But also I am very curious and like to move around a lot!...like when you are restless and are having trouble paying attention...That's me being curious.



I don't mean to, but
I'm the one causing the problem!

You see, I love to move a lot because it makes life interesting.



LIKE I would LOVE to organize a water balloon fight!!

But, there are times for balloon fights,

and times for quietly paying attention.



As the problem-solving part of your brain,

I can't do my work when Guard Dog is restless.

because I am shut down while it is fooling around!

I can't even remember what to do

because another brain part, the hippocampus,
or Ms. Elefante, is shut down too!

...And she remembers everything!

I'm called the HIPPOCAMPUS.

Hi!

I'm Ms. Elefante. I'm like the part of your brain called the HIPPOCAMPUS. I remember everything you learn, and help Wise Owl solve problems.



We need to calm Guard Dog down so our brain can focus.

Ok, I'm going to teach you some strategies
that will help you calm down.



BREATHING helps Guard Dog calm down...which helps YOU calm down.

Breathe in slowly...breathe out slowly.

Close your eyes, or look down.

Inhale like you are
going to blow up a balloon.

Exhale like your are
filling the bolloon with air.



Do that 5 times, and see if you are calmer.



MOVEMENT helps Guard Dog get rid of extra energy.
which might be making it restless.



Stand tall and fill your tummy with a deep breath.

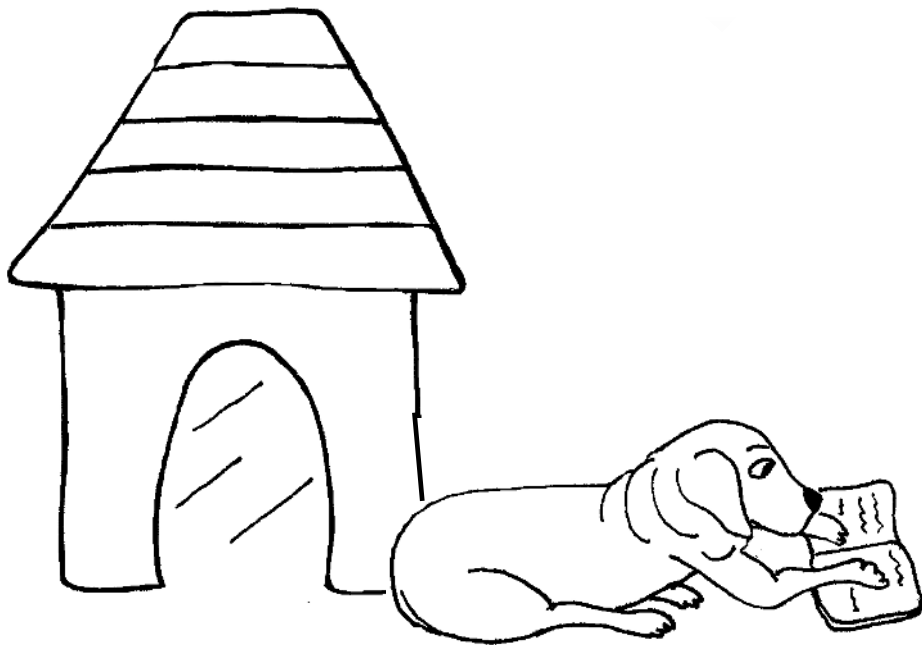
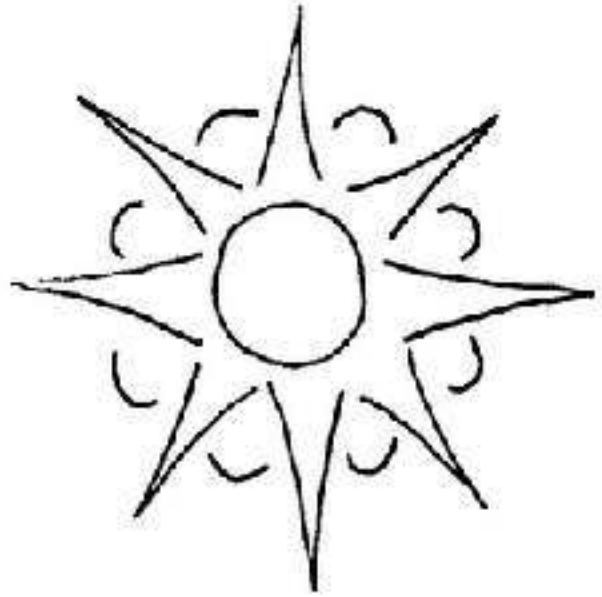
Now, slowly lean forward
holding your ball over your head all the way down.

Release your breath as you bend forward.

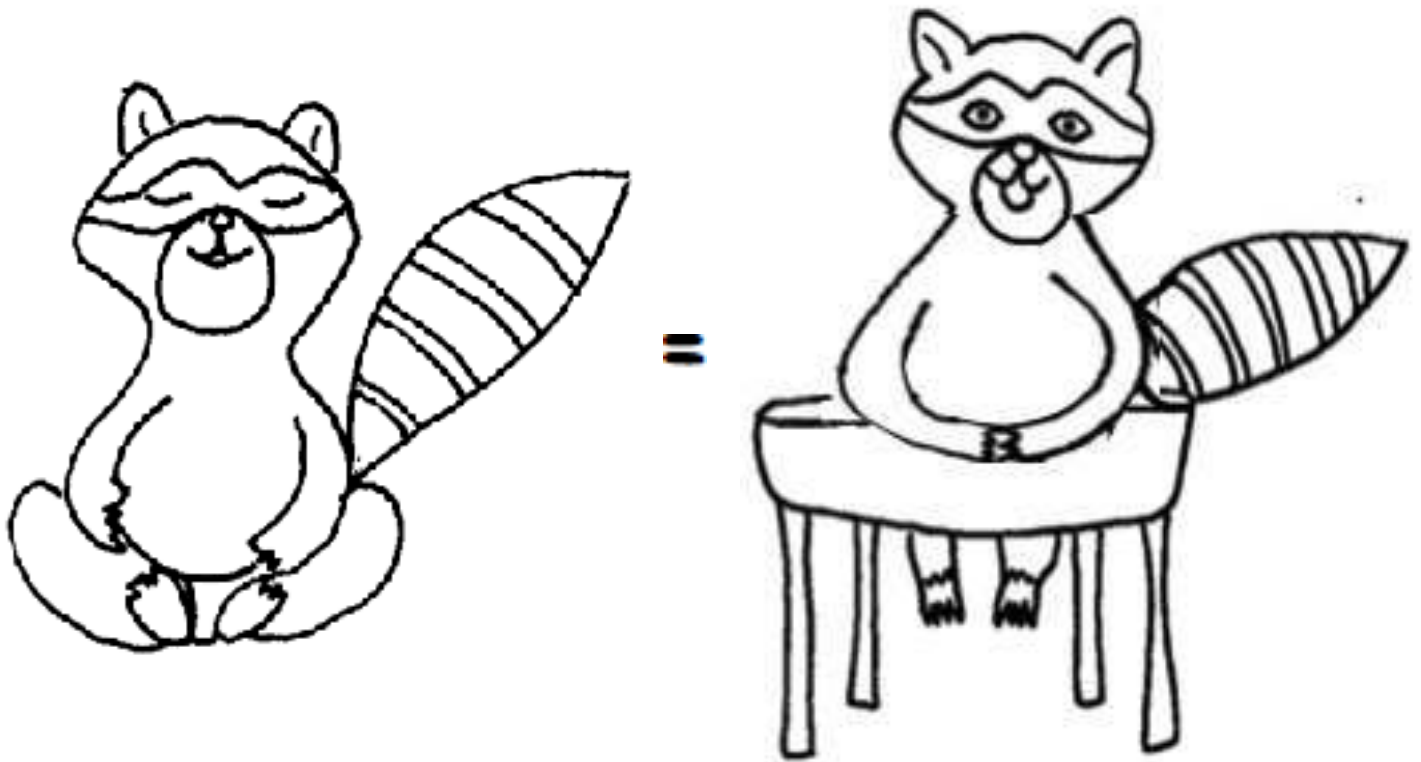
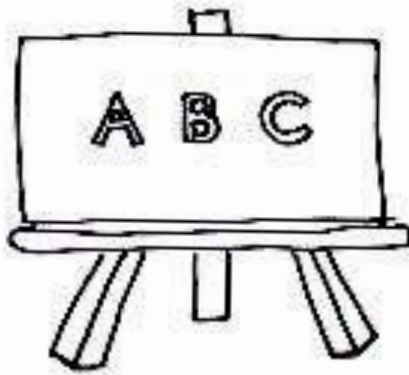
Slowly stand back up, breathing in as you go.

Repeat 3 times.

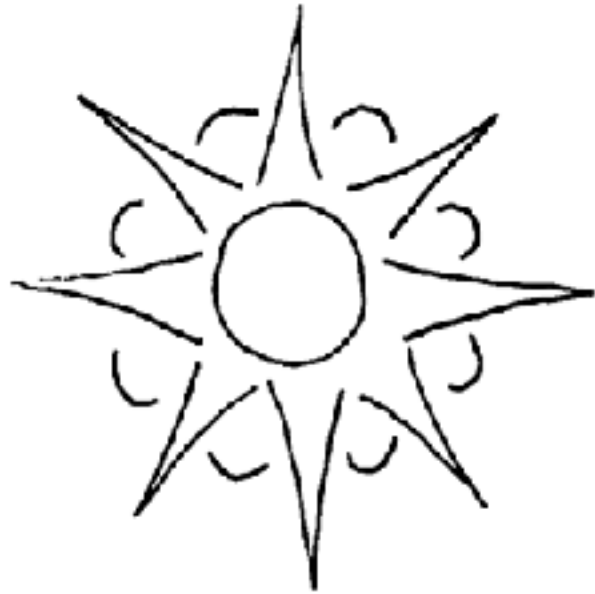
You did it!!!



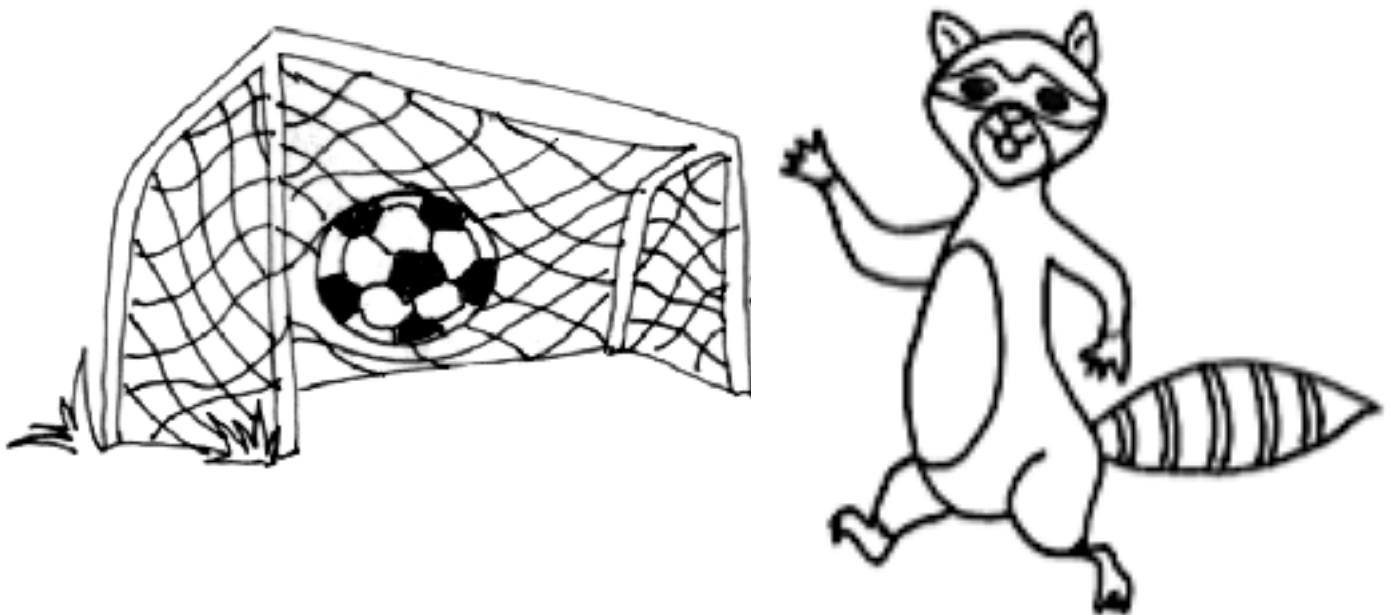
Guard Dog, is relaxed, focused, and reading a book.



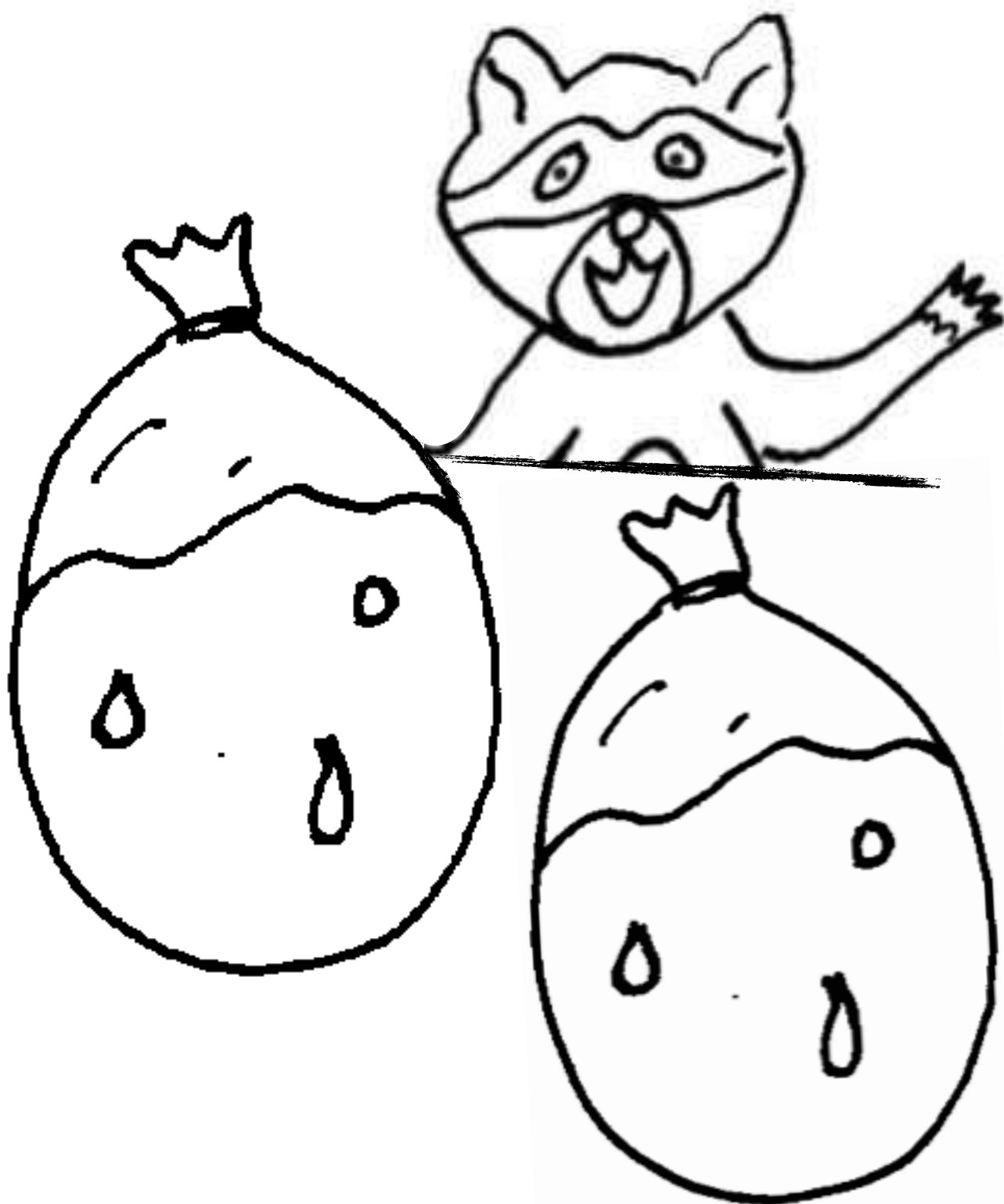
If you practice your calming strategies every day,
You will get really good at paying attention.



And then you will run the right way on the soccer field...
and maybe even score a goal!



And then you will have time for your crazy water-balloon fight!



...but maybe not at recess.

THE END.

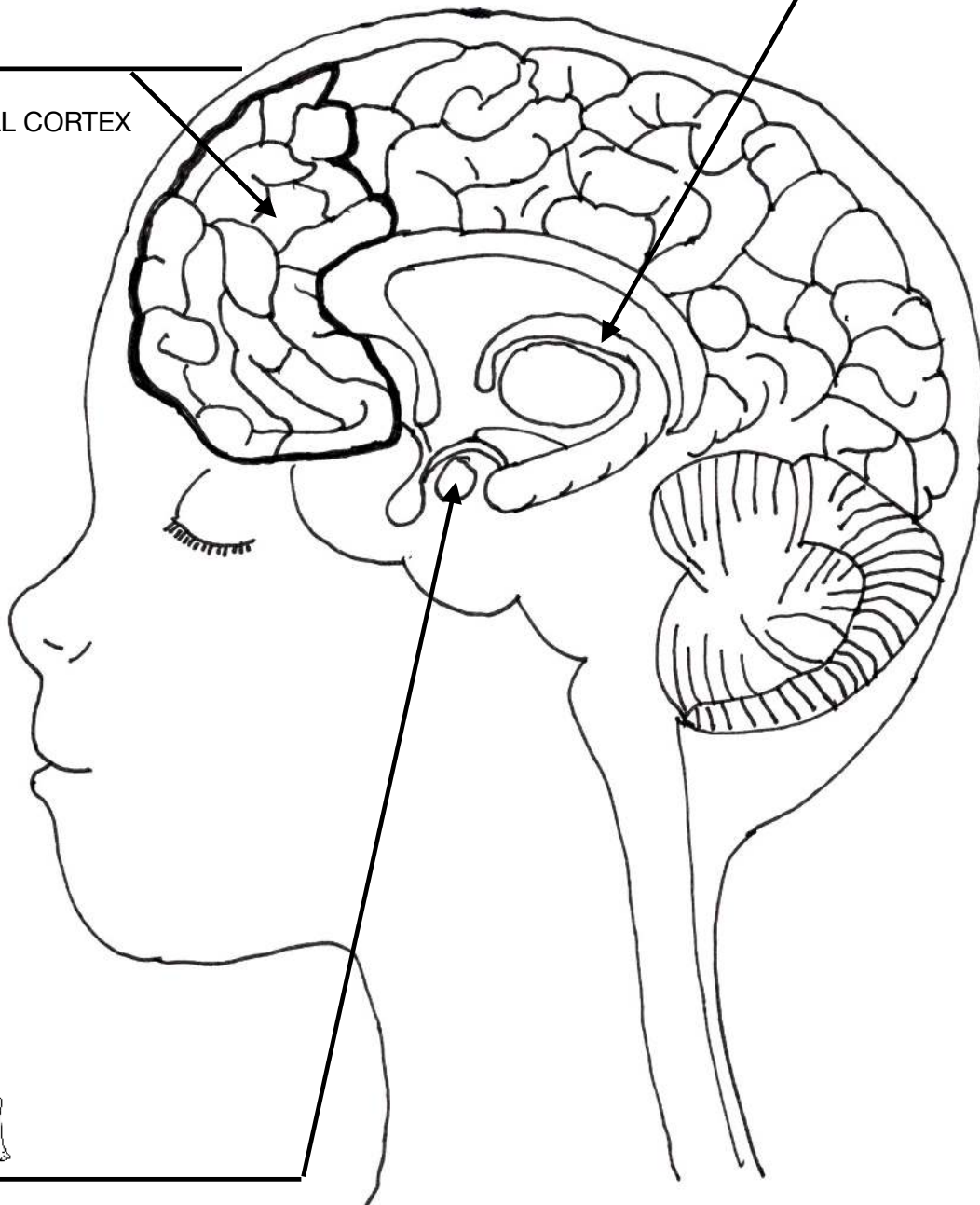
Color My Brain



PREFRONTAL CORTEX



HIPPOCAMPUS



AMYGDALA

Name _____

There are lots of fun ways to calm Guard Dog down.

For more ideas, go here!

<https://focusedkids.org/calming-lesson/>

[Press Here](#)