

Last day, you learned about the **BRAIN EATER**. You learned that this guy gets into your brain and stops you from being able to focus on your learning. He makes you think about things you should not think about. He distracts you.



Brain Eater

Photograph of things that distract you:

**LEARN** about Whole Body Listening and how your whole body (eyes, ears, hands, feet, etc.) listens by being quiet when others are talking.

👉 *Use a fidget (like a rubber chicken) to keep your whole body calm and focused. Keep the fidget out of sight so that you don't get distracted with that, too. The Brain Eater would love that!*

**LEARN** what items he uses to distract you and try to notice when your brain is getting distracted; tell yourself to “stop” and focus on what is being said. When you notice that your brain is distracted with an item in front of you, you can:

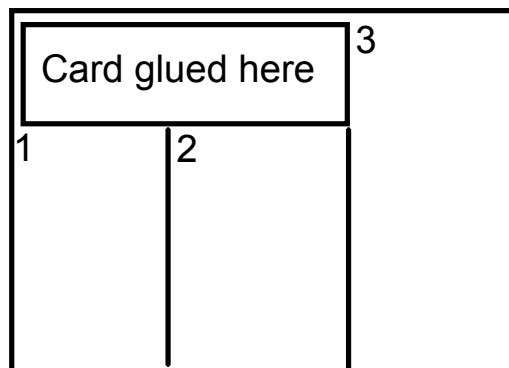
- 👉 *Move the item out of the way so you don't see it*
- 👉 *Move your body so that you don't see it*
- 👉 *Ask to be moved from your spot so that you can focus*

Step 1: Review the Brain Eater Card.

Step 2: Set up your Visual Journal Page

Step 3: Glue it into your visual journal.

(the questions are on the next page)



**Write** and **Illustrate** in your Visual Journal:

1. Who is the Brain Eater? What does the Brain Eater do when it gets in your brain?
2. Describe a time when the Brain Eater distracted your brain.
3. How will you defeat the Brain Eater in the future?