

A story about my brain and my senses



brain

My brain works hard.



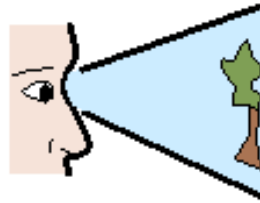
brain



noise



people



see



bad smell



touch

It makes sense of all the noise, movement, sights, smells, tastes and things I feel all around me.

My brain works hard.



brain



too much

Sometimes there is too much going on in my brain. This can make me feel



anxious



scared



cross



upset



ok

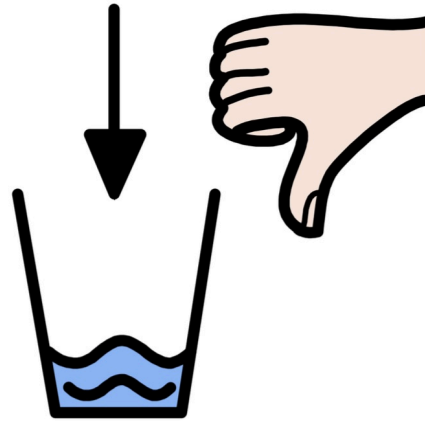


excited

My brain works hard.



brain



not enough

Sometimes there is not enough that I can understand. This can make me feel



lazy



tired



bothered



distracted

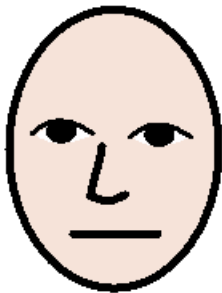


upset

My brain works hard.



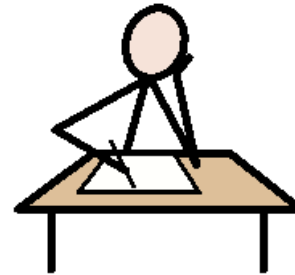
brain



ok



happy



work

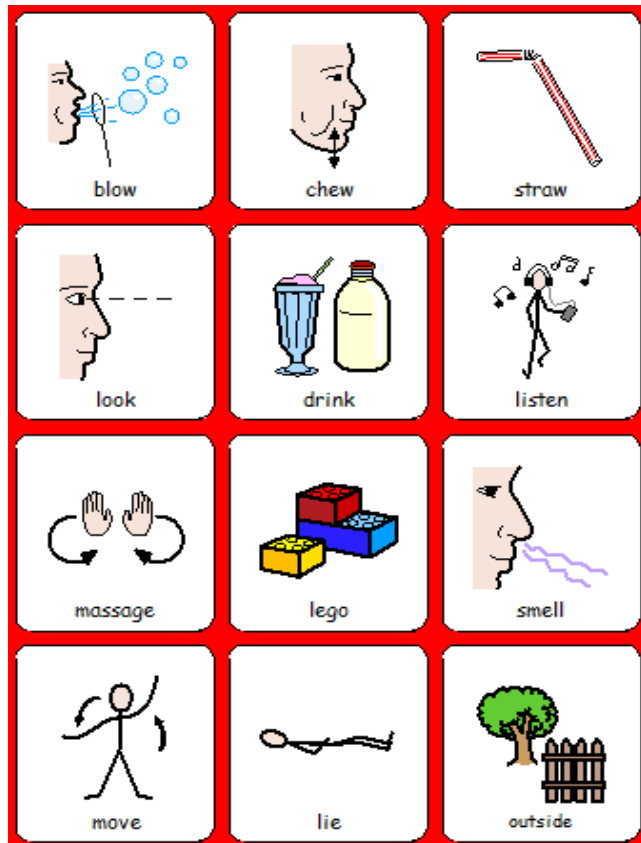
I can help it be calm, alert and ready to work.

This is great.

My brain works hard.



brain

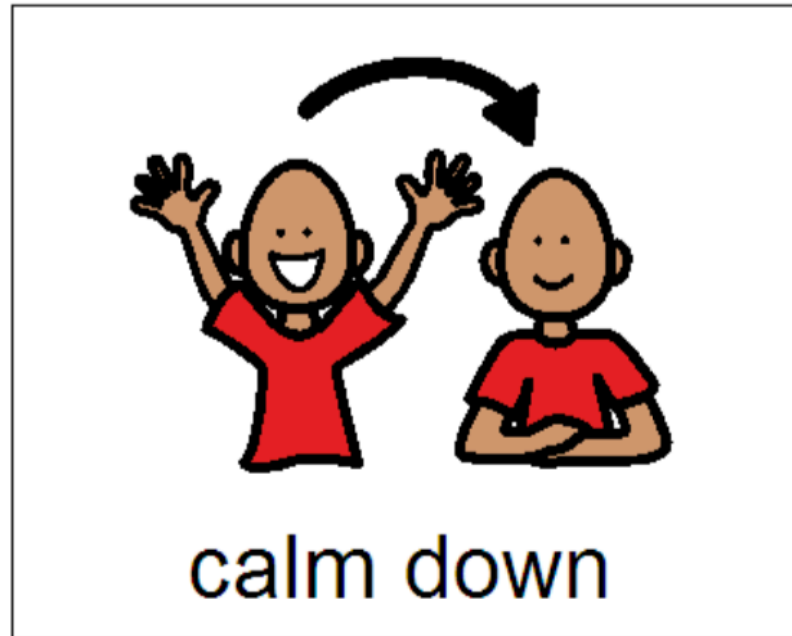


I can do some activities when they are on my timetable or when there is too much or not enough in my brain.

My brain works hard.



brain

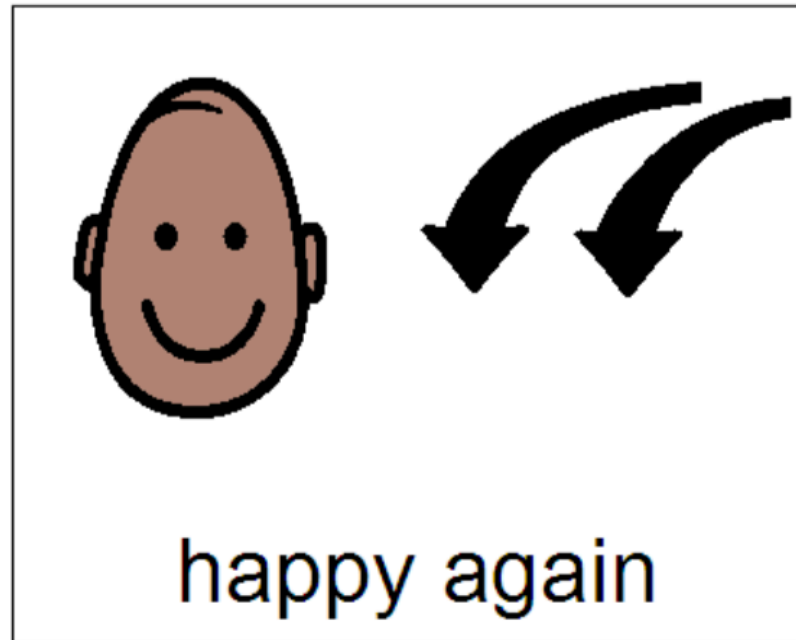


When it is calm and alert I am ready to listen and work. Hurray!

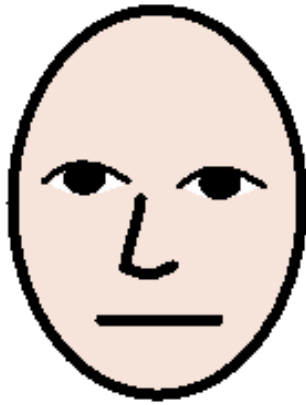
My brain works hard.



brain



When it is calm I am ready to rest.
Great.



ok



happy



brain

I like being calm. Alert is good too.

I can try to help myself by using these activities when there I feel anxious or can't do my work.