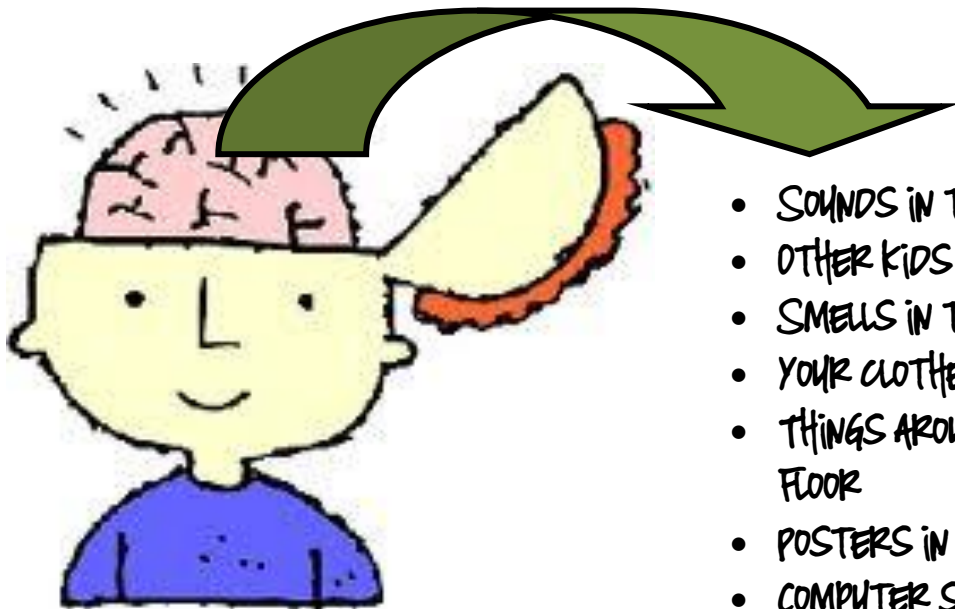


INSIDE THE BRAIN DISTRACTERS



- VIDEOS, MOVIE SCENES, TV
- REPEATING WORDS OR LINES FROM A VIDEO OR MOVIE
- WORRIES
- BEING HUNGRY, TIRED OR SICK
- OTHER:

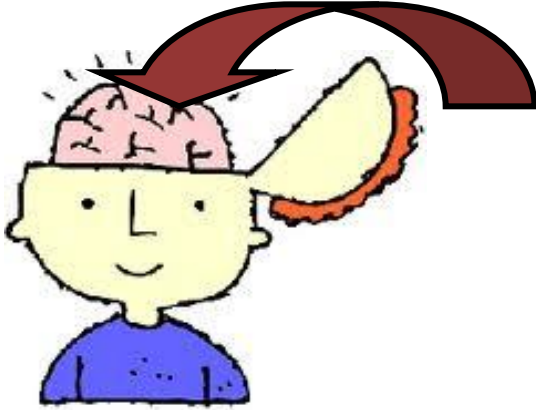
OUTSIDE THE BRAIN DISTRACTERS



- SOUNDS IN THE HALL OR CLASSROOM
- OTHER KIDS
- SMELLS IN THE ROOM
- YOUR CLOTHES
- THINGS AROUND YOU ON THE TABLE OR FLOOR
- POSTERS IN THE ROOM
- COMPUTER SCREEN SAVERS
- OTHER:

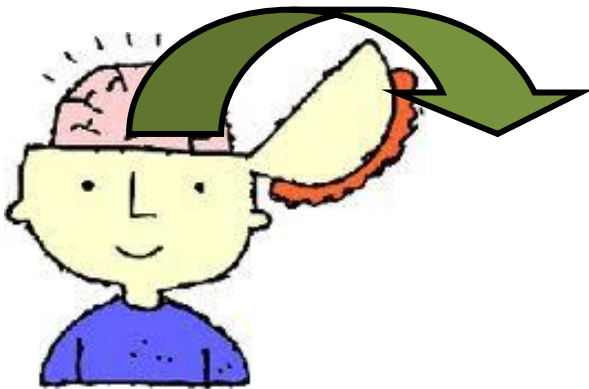
Name: _____

AT SCHOOL, HERE ARE MY MOST COMMON INSIDE THE BRAIN DISTRACTERS:



THESE GET IN MY HEAD AT SCHOOL DURING: _____

AT SCHOOL, HERE ARE MY MOST COMMON OUTSIDE THE BRAIN DISTRACTERS:



THESE GET IN MY HEAD AT SCHOOL DURING: _____

THE FANS RUNNING
IN THE CEILING

CINNAMON ROLLS
BAKING FOR LUNCH

CLASSMATE
BLURTING OUT
ANSWERS

SOMEONE
SHARPENING A
PENCIL

LAWN MOWER
RUNNING OUTSIDE

SOMEONE MAKING A
PAPER AIRPLANE

FRIEND TRYING TO
TELL YOU ABOUT A
VIDEO GAME

WATCHING THE
COMPUTER SCREEN
SAVER PICTURES

CLASSMATE HAS A
BAD COUGH

SOMEONE IS
HUMMING WHILE
THEY WORK

WORRIED ABOUT
GOING HOME ON THE
WRONG BUS

WONDERING WHERE YOU
SHOULD HAVE YOUR
BIRTHDAY PARTY

WONDERING IF YOUR
FRIEND HAS A
ROBLOX ACCOUNT

THINKING ABOUT
WHAT IS FOR LUNCH

IMAGINING A
POKEMON BATTLE

LOOKING OUT THE
WINDOW

THINKING ABOUT
RECESS

BEING MAD AT A
PERSON

THINKING ABOUT
WISCONSIN DELLS

REPLAYING A
FAVORITE PART OF
A MOVIE

