

My brain and
my senses

My name is .

I am in class.

**My brain works hard.**

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

**My brain works hard.**

Sometimes there is too much going on in my brain. Too many sensory messages all at once are not good for my brain. This can make me feel *anxious/scared/cross/upset/*

*excited/too full of energy*\*.

**My brain works hard.**

Sometimes there is not enough in my brain. Not enough sensory messages make my brain fall asleep. This can make me feel *lazy/tired/bothered/distracted/upset*\*.

**My brain works hard.**

I can help it be calm, awake and ready to work. This is great.

**My brain works hard.**

I can do some activities when they are on my visual timetable or when there are too many or not enough messages in my brain.

**My brain works hard.**

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

**I like being calm. Awake is good too.**

I can try to help myself by using these activities when I feel anxious or can’t do my work. When my brain is too busy or falling asleep, I can help it work better.

My brain works hard. I can help it be the best brain I need.

# Well done me!

\* Add/delete as appropriate.

**13**