

Dear Brain Advice Page



Dear Brain,

I find it really hard to focus when I am doing my homework. I start with good intentions, but then I notice every little noise, check my tablet, sharpen my pencil, look out of the window and forget what I was meant to be doing. What can I do?

From,
Distracted Dylan

Dear Brain,

Whenever I get stuck on a maths question, I panic. My heart beats faster, my hands feel sweaty and I start thinking, "I can't do this." Sometimes I want to give up before I have even properly read the question. How can I calm my brain down?

From,
Worried Willow

Dear Brain,

I always feel tired in the morning, even when I know I have schoolwork to do. I sometimes stay up late watching videos or playing games, and then the next day my brain feels foggy. I find it hard to remember things and I get grumpy when lessons feel difficult. What should I do?

From,
Sleepy Sam



Dear Brain,

I can never think of good ideas when I am told to write a story. I sit at my desk and stare at the page, but my mind goes blank. Then, later on, when I am outside or about to go to sleep, ideas suddenly pop into my head! Why does that happen?

From,
Creative Chloe

Dear Brain,

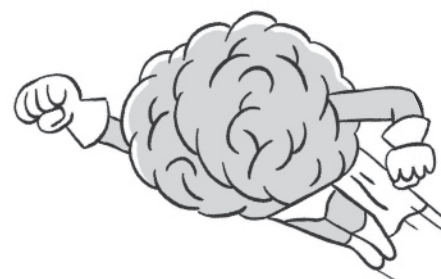
I am trying to learn my times tables, but I keep making mistakes. Everyone else seems to remember them faster than me. I practise for a few minutes, but then I get annoyed and stop. Is there any way to make learning them feel easier?

from,
Frustrated Frankie

Choose one of the problem letters. Write a reply that gives clear advice using ideas from **Brainwave**. Explain what might be happening in the child's brain and suggest some practical things they could try.

Your reply should:

- sound kind, encouraging and helpful
- explain the problem using an idea from the book
- include at least two practical tips
- use at least one key word, such as brainwaves, focus, sleep, practice, amygdala, dopamine or synapse
- end with a positive reminder or encouraging phrase



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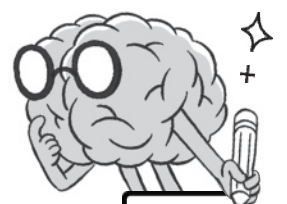
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A large rectangular area with horizontal lines for writing, resembling a piece of paper with a folded top-right corner.



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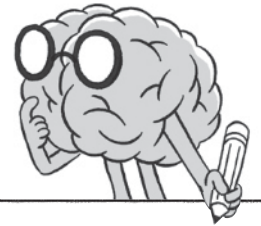


My Brain-Boosting Focus Poster



BRAINWAVE

Create a personal Find Your Focus poster using advice from *Brainwave*. Choose the tips that would help you most when you need to concentrate on a tricky task. Add short reminders, pictures, symbols and a positive phrase to encourage yourself to keep going.



SCAN ME

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SCAN ME

Brainwave Fact File



Brainwaves are patterns of electrical activity in the brain. Different brainwaves are linked to different ways of thinking, feeling and resting. Use the information in *Brainwave* to help you complete this table.



Brainwave	When is it active?	How does it help?
Gamma  		
Beta  		
Alpha  		
Theta  		
Delta  		



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Resources created by



Teacher's Pet



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