



# BRAIN BOSS

Grades 3+

*planning page*

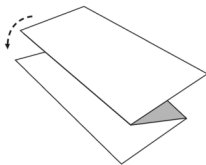


# BRAIN BOSS

planning page

## Tips for Use

This planning page works best when brains are calm and curious. If your child or group is new to these concepts, check out *Your Amazing Brain* or [This Brain Game Isn't Just for Kids](#) before diving in.



### Make It Hands-On

- Use an accordion fold so the Upstairs Brain plan stays on top. Kids can keep it on a desk, by their bed, or tucked into a folder as a quick reminder.

### Keep It Playful

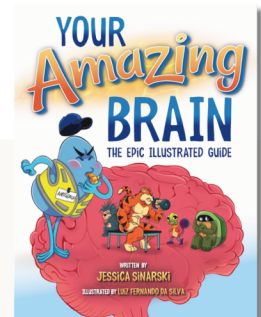
- Draw pictures, add colors, or act out what the Upstairs Brain might say or do. Silly practice counts.

### Practice Together

- Walk through the plan during pretend moments: “What if Tiger shows up during math?” or “What might help when Turtle wants to hide?”

**Revisit and adjust as needed.** *Pssst... it's good for grown-ups too.* Show how you use *your* Upstairs Brain plan, just like them!

Check out [Your Amazing Brain](#) for more tools to support kids' “think before acting” powers.



# I AM THE BOSS OF MY BRAIN



I will practice these brain-boosting habits to strengthen my **THINK BEFORE ACTING** powers:



These are my Amygdala-calming strategies:



When my Downstairs Brain Protectors take over, I need:



## TERMS OF USE



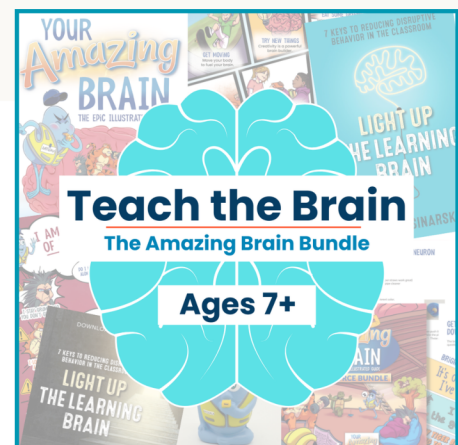
### PLEASE DO...

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