

Going on a distracter hunt...

In order to defeat the Brain Eater, you have to be aware of his "bait" and what he likes to use to get you distracted. Go through your house and write down items that the Brain Eater tries to distract your brain with. Then, think about what things distract you at school in your classroom. Write the words in the bubble below.

Thoughts or items that distract me at school:

Thoughts or items that distract me at home:



Can you use a strategy (i.e., moving everything off your desk while studying) to help you defeat the **Brain Eater**?