Busy Brain
Roxy

A Rhyming Picture Book to Help Children with Busy Brains and ADHD Focus



READING WITH ROXY

This book belongs to

_____

Roxy is so happy to read with you.



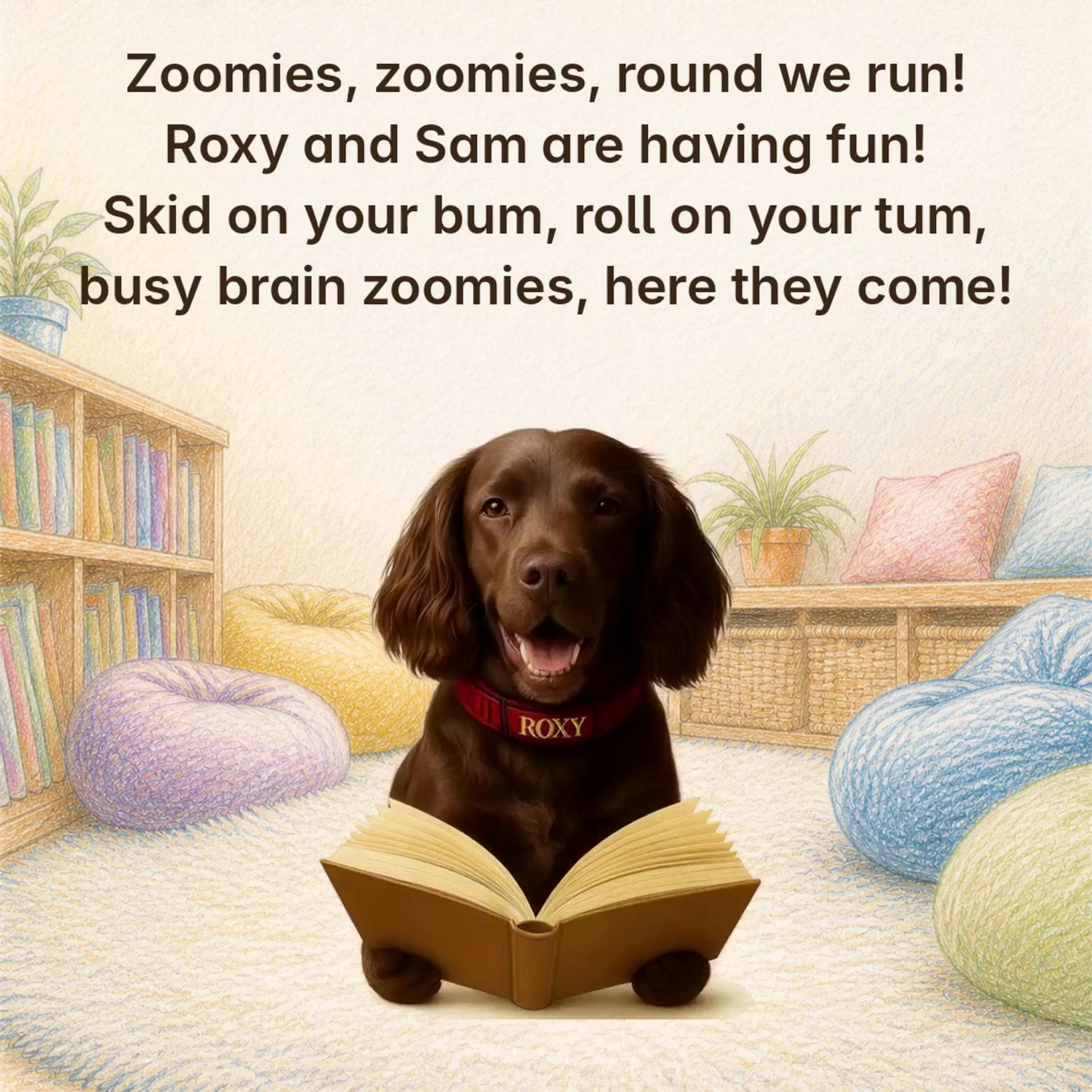
This is Roxy,
Sam's best friend.
Sam has a busy brain,
from start to end!



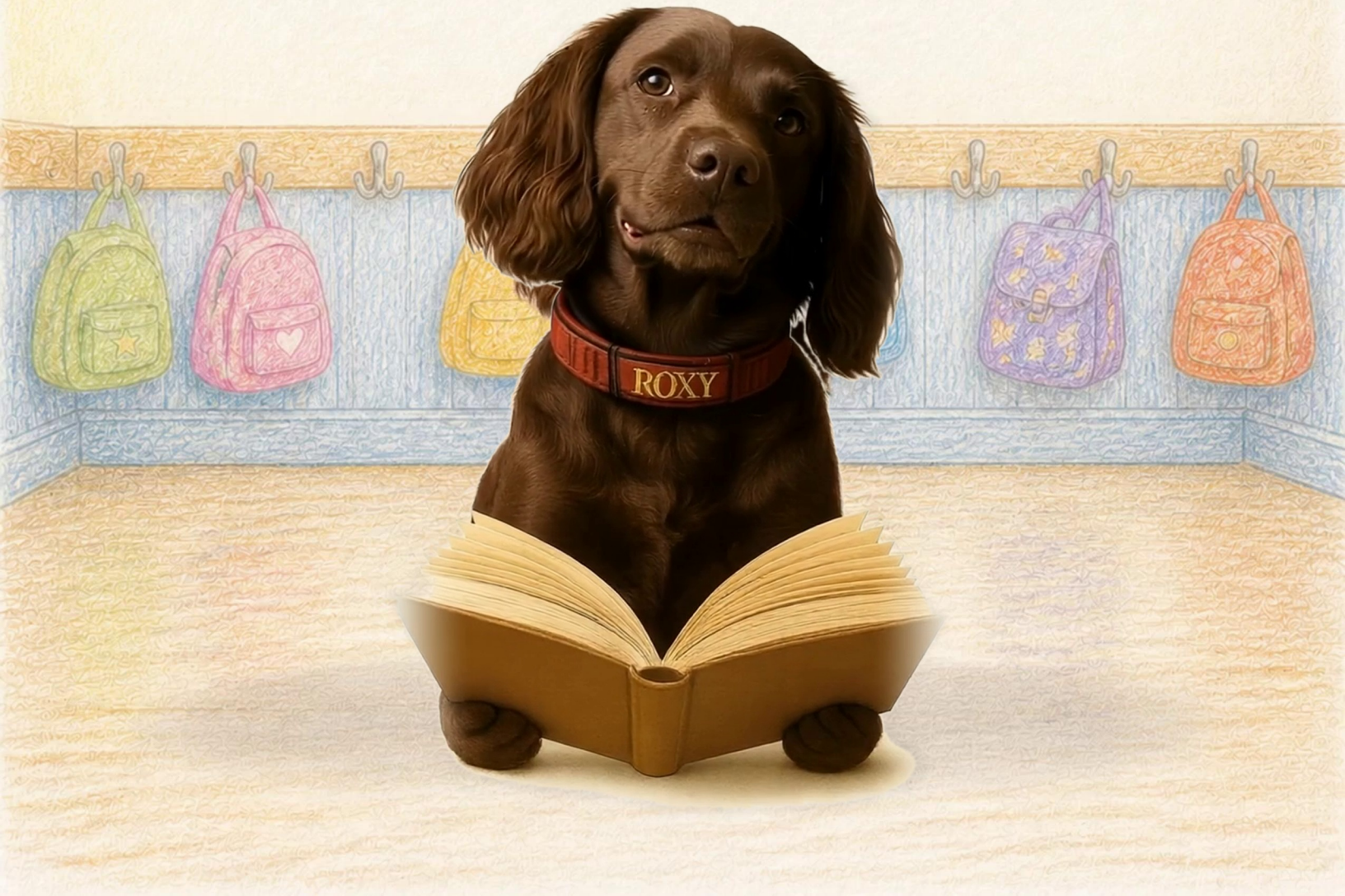
When Roxy's happy,
she runs and spins.
When Sam's brain is busy,
the zoomies begin!



Zoomies, zoomies, round we run!
Roxy and Sam are having fun!
Skid on your bum, roll on your tum,
busy brain zoomies, here they come!



Lunch! Play!
A dinosaur's roar!
What's for tea?
Who's at the door?



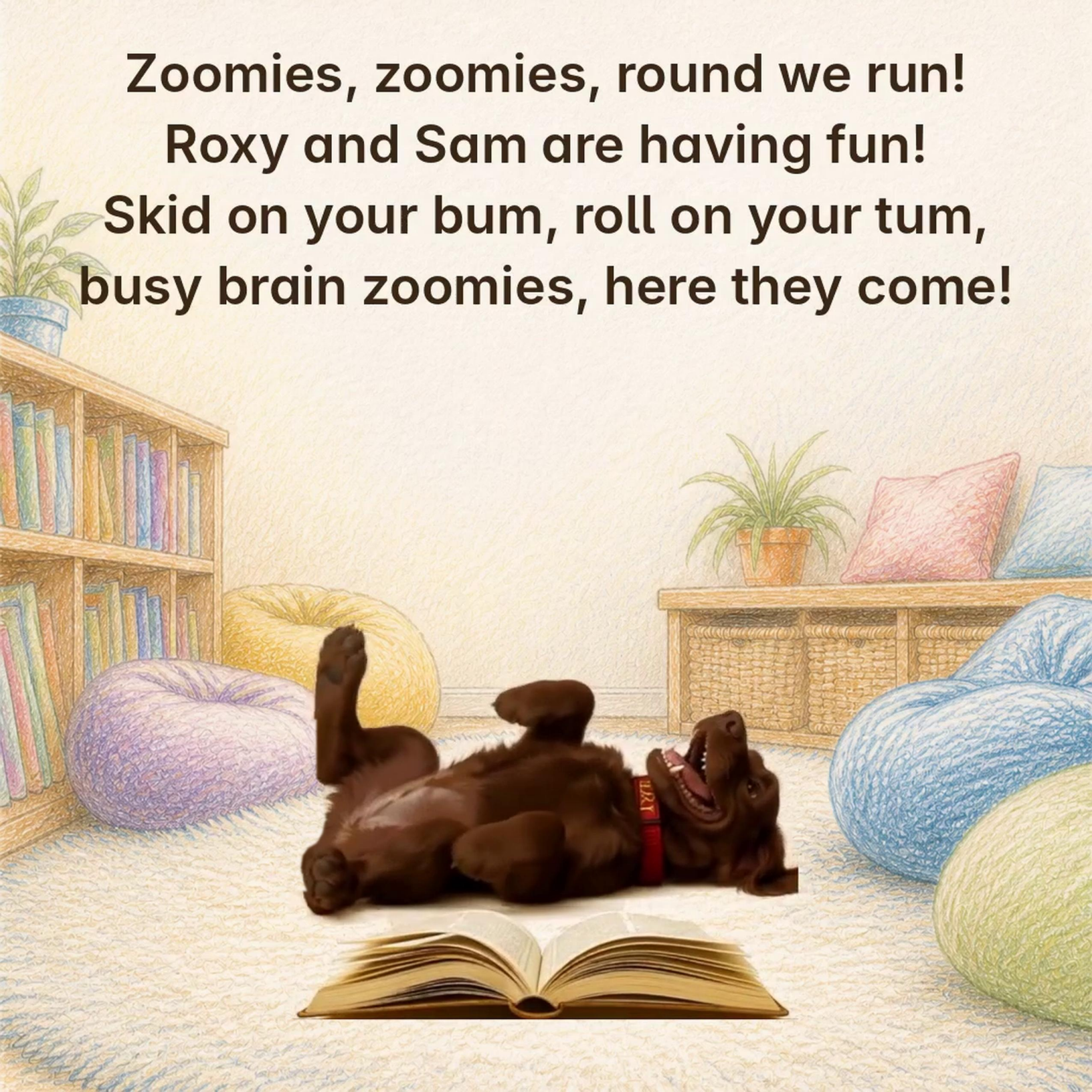
Sam's teacher talks.
Sam wants to know.
But Sam's thoughts zoom
to and fro.



Tap, tap, tap
go Sam's feet.
Wiggle, jiggle
on the seat!



Zoomies, zoomies, round we run!
Roxy and Sam are having fun!
Skid on your bum, roll on your tum,
busy brain zoomies, here they come!



A busy brain
is not bad, you know.
It's full of ideas
that grow and grow!



Roxy pads over.
She does not rush.
She snuggles close,
and Sam goes hush.



I breathe in slow.
I breathe out slow.
Now I feel calm
from top to toe.



One thing at a time,
that's Sam's new game.
Sam picks just one
and says its name.



Other thoughts
go in a jar.
“I'll come back later.
You won't go far!”



When Sam's legs
need a break,
Roxy says, “Let's zoom!
Shake, shake, shake!”



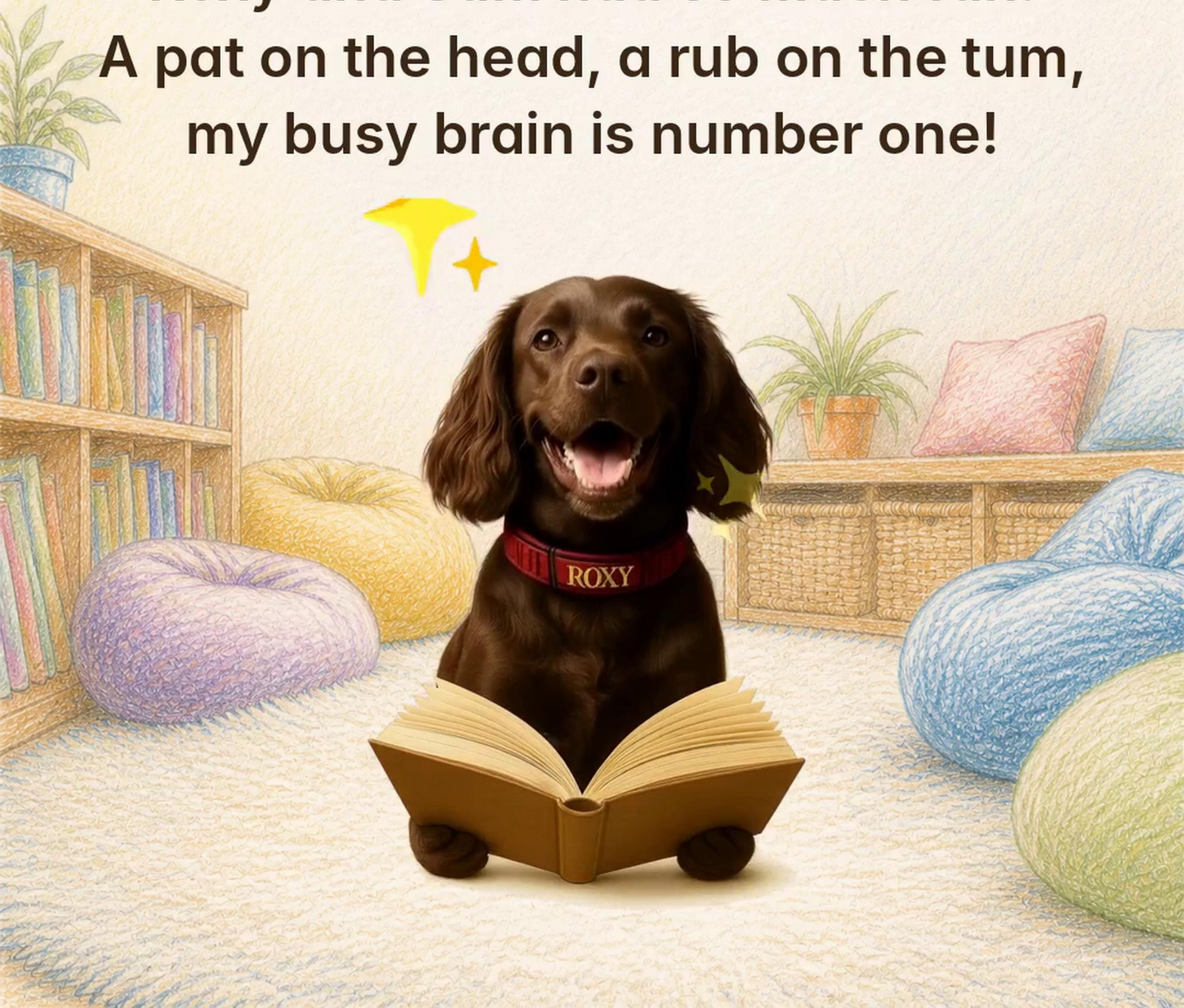
Zoomies, zoomies, round we run!
Roxy and Sam are having fun!
Skid on your bum, roll on your tum,
busy brain zoomies, here they come!



Back on the mat,
Sam is ready.
Calm and happy,
slow and steady.



Zoomies, zoomies, now they're done!
Roxy and Sam had so much fun!
A pat on the head, a rub on the tum,
my busy brain is number one!



How does Roxy feel?

Draw a line to the word.

Calm

Happy

Zoomies!

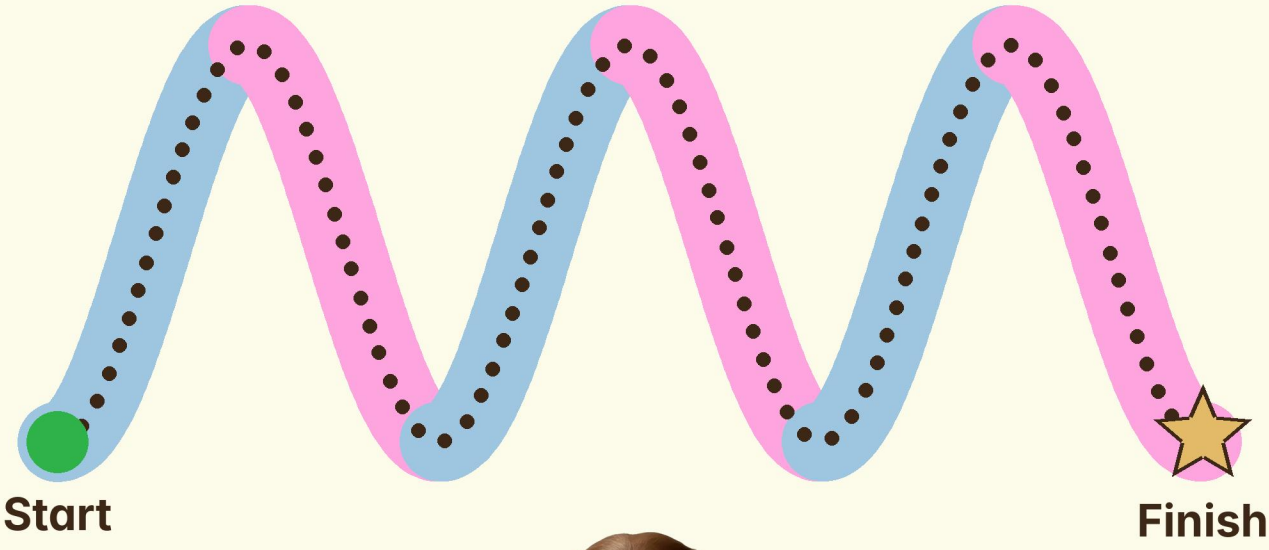
Confused

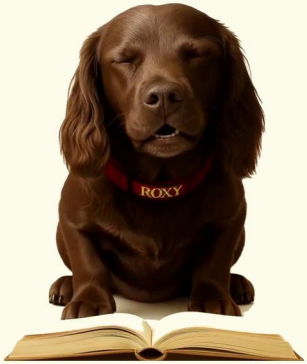


Breathe with Roxy

Trace the zoomies hills with your finger.

Up: **breathe in** Down: **breathe out**

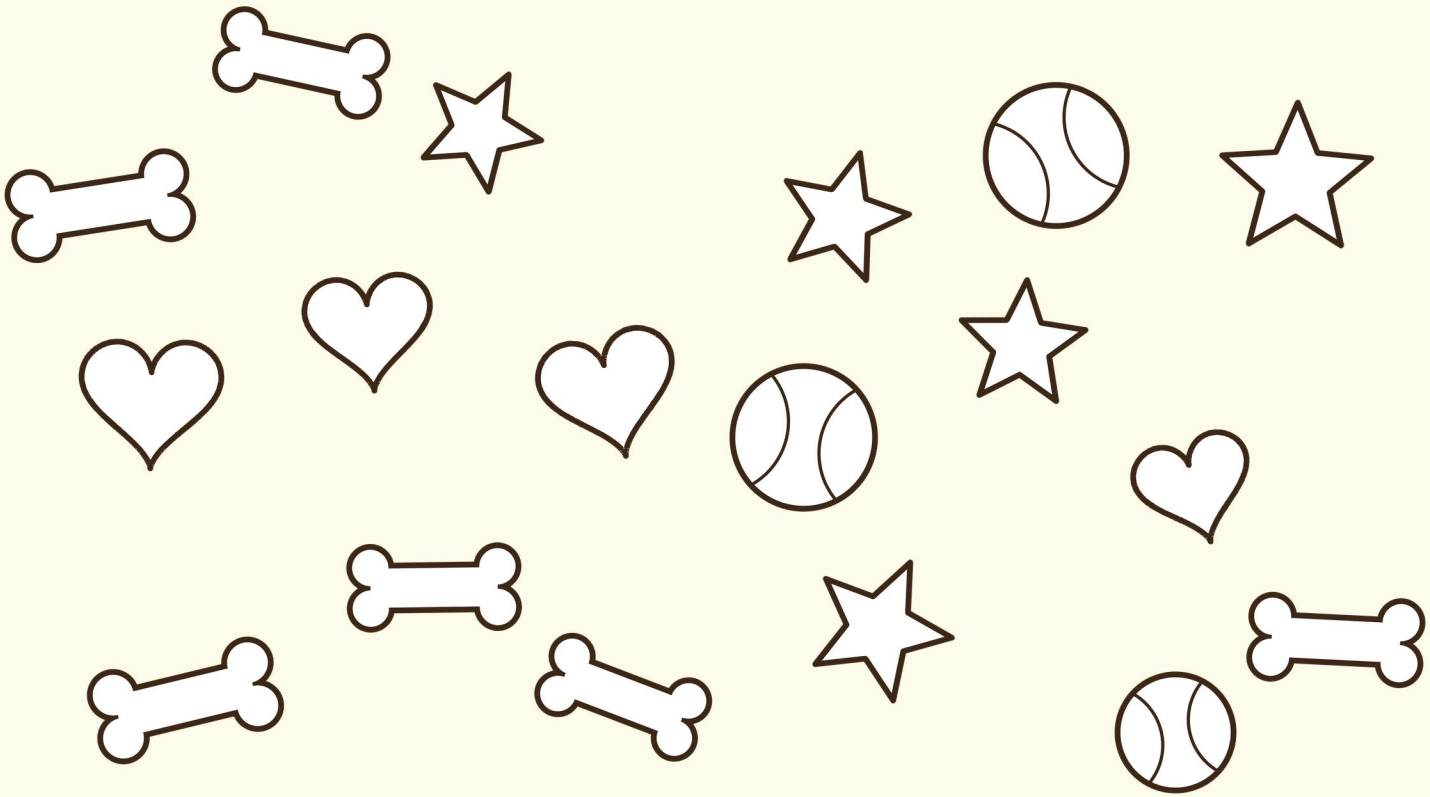




One Thing at a Time

Find ONE kind of thing. Count it. Say its name.

Then move on to the next one!

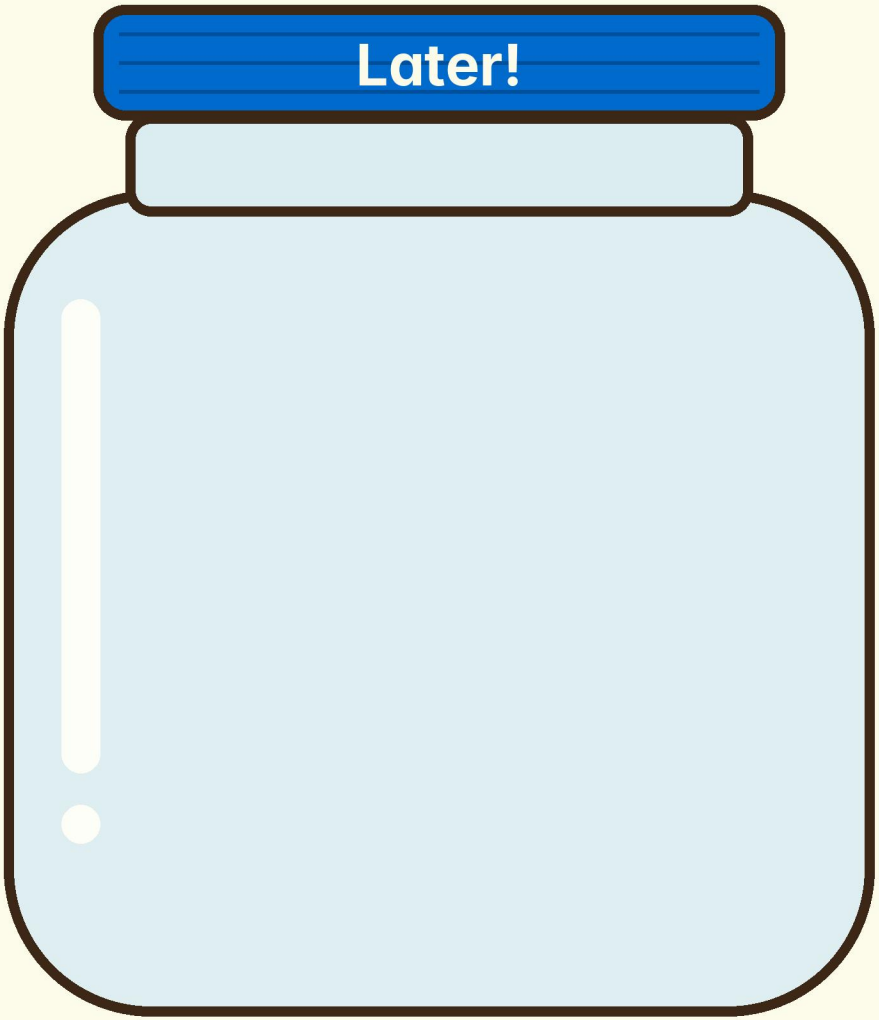


☆ = ___ ♡ = ___ = ___ = ___



My Thinking Jar

Busy thoughts zooming round your head?
Draw or write them in the jar.
They can wait there until later!

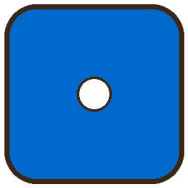




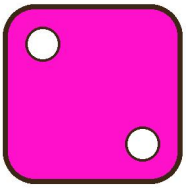
Roxy's Movement Break

Roll a dice and do the move!

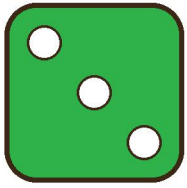
Then breathe slow and get ready again.



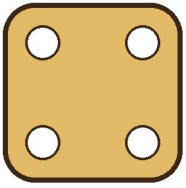
Stretch up tall and wide



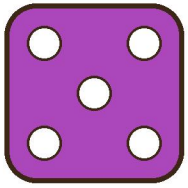
Wiggle your whole body



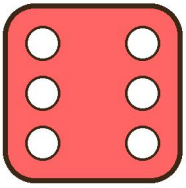
Shake, shake, shake!



Jump 5 times



Stomp your feet 10 times



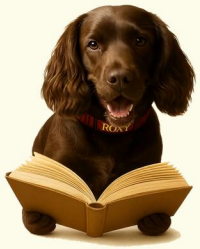
Zoomies circles in the air!



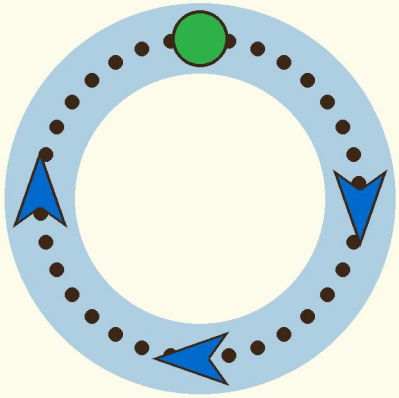
Zoomies Circles

Trace each circle with your finger, 3 times.
Start at the green dot.

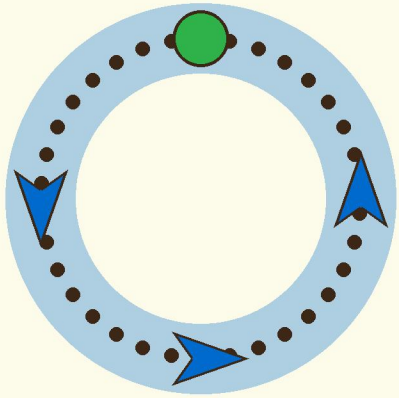
Right hand



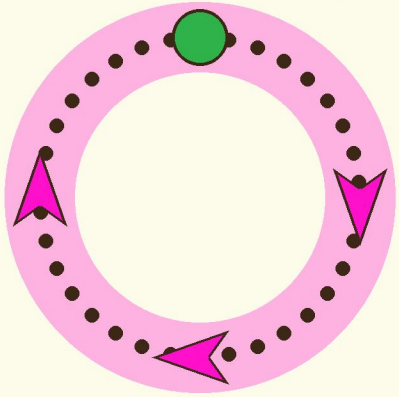
Left hand



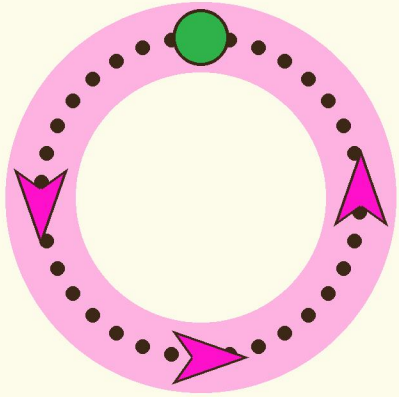
Round to the right



Round to the left



Round to the right



Round to the left

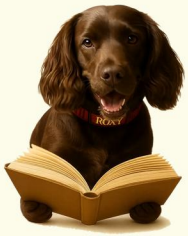
Then try big circles in the air!

You could even try them with your feet! 😂

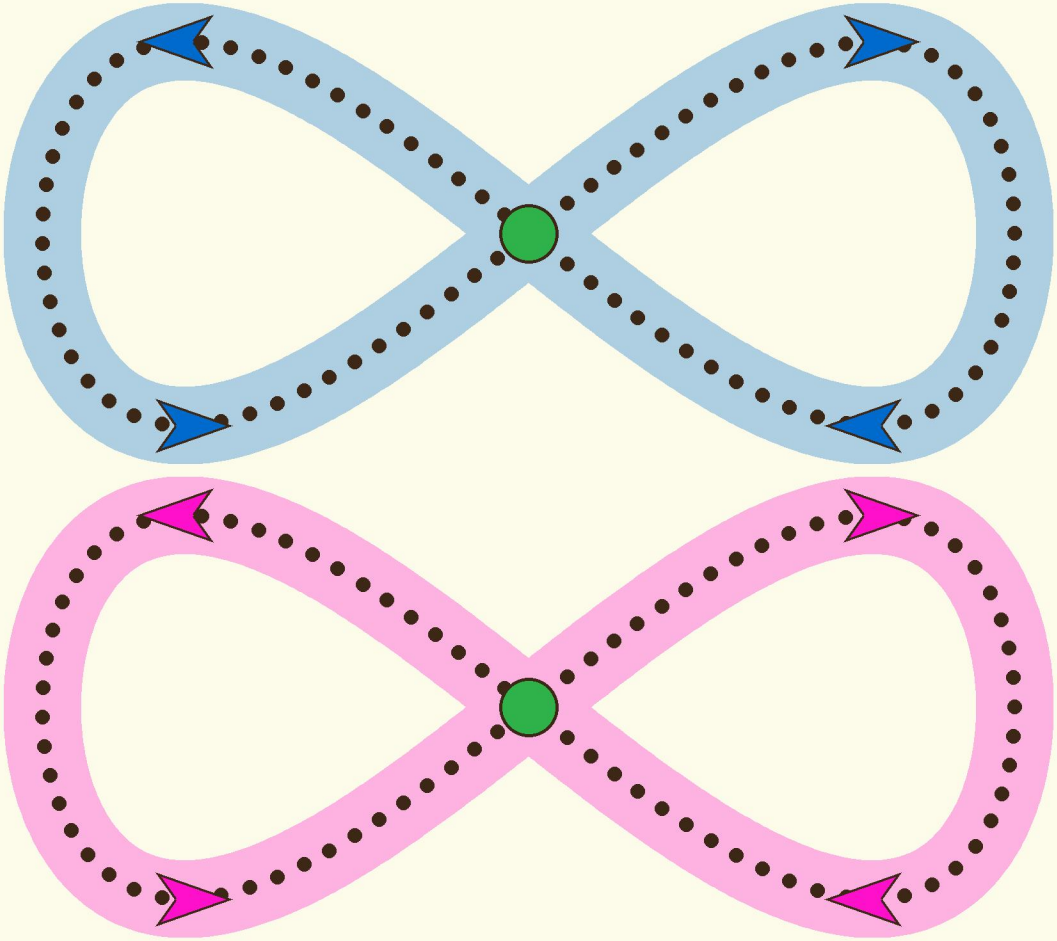
Roxy's Sideways 8

Trace the sideways 8 with your finger, 3 times.
Start at the green dot. Go up to the left first.

Right hand



Left hand

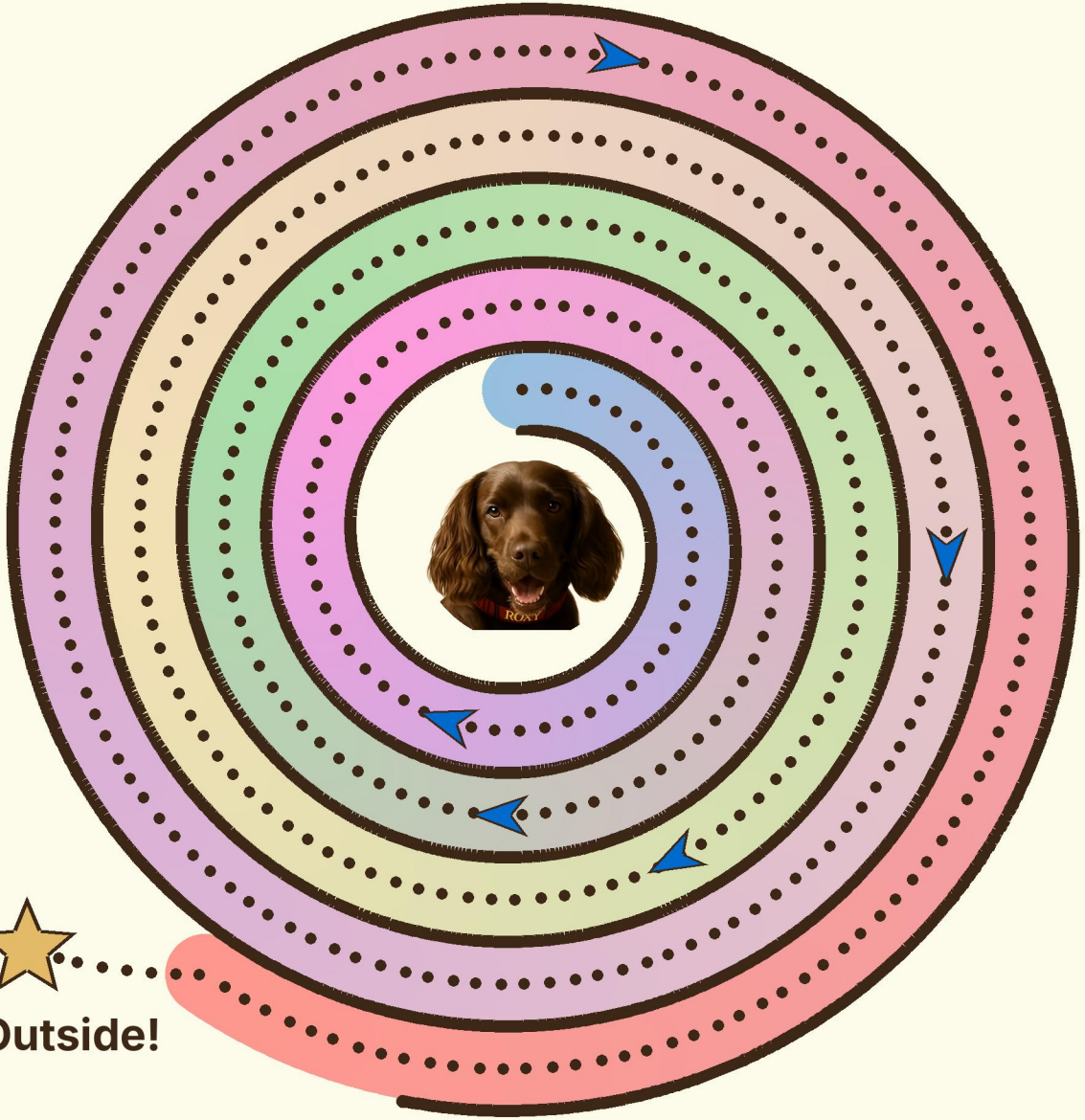


Then try a big sideways 8 in the air!

You could even try it with your feet! 😂

Roxy's Zoomies Wheel

Spin from Roxy in the middle all the way out.
Then spin back in again!



Word Games with Roxy

Cut out the word cards on the next pages.
Then try one of these games!

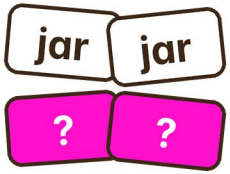
1 Flash cards

Show a card and read the word out loud.
Make a pile of the words you know!



2 Pairs

Photocopy two sets and cut them out.
Turn them over and find the pairs!

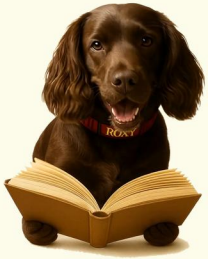


3 Word hunt

Hide the cards around the room.
Zoom to find one, read it, then bring it back!



Tip: start with just a few words at a time. One thing at a time!



3 letter words to learn

Cut them out to make your own flash cards!

and	bad	but	far	for
fun	had	has	jar	mat
new	not	now	one	out
pat	rub	run	she	tap
tea	the	top		
yes	you			



4 letter words to learn

Cut them out to make your own flash cards!

back	book	busy	calm	come
door	feel	feet	from	game
grow	head	here	know	legs
name	play	read	roll	Roxy
slow	that	time		
with	zoom			



Big words to learn

Cut them out to make your own flash cards!

begin	brain	break	breathe	close
happy	ideas	jiggle	later	lunch
number	other	picks	ready	round
shake	spins	steady	stories	talks
teacher	thing	visit		
wants	wiggle			



My Busy Brain Toolkit

What helps MY busy brain?

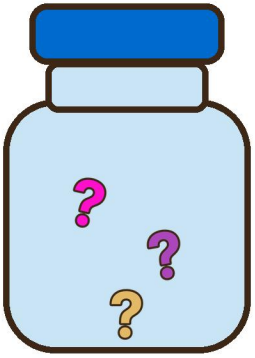
Colour the star on the ones that help you!



Breathe in slow, breathe out slow



One thing at a time



Put thoughts in my jar



Movement break: wiggle and shake!



Calm time with Roxy

My own idea

Visit readingwithroxy.co.uk
to create your own
stories with Roxy!

