



1

The Problem: What Parents and Teachers See

When a child yells, cries, refuses to work, or completely shuts down, it might not be defiance. Sometimes, their brain is simply overwhelmed!

Vision refuses to work.

Forge completely shuts down.

Anchor becomes overwhelmed by directions.

2

Understanding the Overwhelming Cup

Imagine your brain is like this cup. Every direction, every new idea, and every problem adds a little more water. When there's too much... SPLASH! Your cup overflows!

Imagine your brain is like this cup.

Every direction, every new idea, every problem adds more water.

And then... SPLASH! His cup overflows!

Suddenly, Vision can't remember what to do. He's frustrated, and now he doesn't even want to try!

3

Notice It and Speak Up

Vision doesn't need someone to do the thinking for him. He needs help making room to think!

1

NOTICE IT!

"Whoa! My brain is getting full!"

2

SPEAK UP!

"Can you give me just one direction at a time?"
"Can you show me the first step, then let me try?"

3

ASK FOR HELP!

"Can you show me the first step, then let me try?"

4

Make Room for Learning

When I notice the signs of overload, I can use these strategies to make room to think.

2 + 3 = 5

Show me the first step, then let me try.

My Plan
☐ 1. Read
☒ 2. Solve
☐ 3. Check

Write it down and break big tasks into smaller steps.

Reduce distractions and take a short break when you need one.

5

I Can Do This!

Now look at Vision. He's ready to try again, and this time, HE'S doing the thinking!

My Plan
☒ 1. Read
☐ 2. Solve
☐ 3. Check

When your brain gets full, you don't have to stop learning. You can change **HOW** you're learning!



Vision's Cognitive Overload Draw and Write!



1 A Time My Brain Felt Too Full

Write about what happened.

2 What My Brain Looked Like

Draw what your brain feels like when it has too much.

3 How I Feel

Write to tell how you feel when your brain is overwhelmed.

4 What Helps Me

Draw a strategy that helps you make room to think.

5 I Can Ask for Help

Write what you can say when you need help.

6 I Can Try Again!

Draw yourself using a strategy and trying again.



Sentence Starters

- ☐ When my brain gets too full, I feel _____.
- ☐ I can help myself by _____.
- ☐ I can ask for _____.
- ☐ Next time, I can try _____.
- ☐ I am proud that I _____.



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Strong Humans Aren't Built by Accident!



VANGUARD
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