

<b>Book Title</b>	<i>Learning to Slow Down and Pay Attention</i>		
<b>Author</b>	Kathleen Nadeau		
<b>Grade</b>	6-8	<b>Type</b>	Chapter
<b>Disability Category</b>	Learning Disabilities		

### Discussion Questions

About the Text	Within the Text	Beyond the Text
<p>What is “sleepy brain?”</p> <p>In the Problem Solving section, what are the 5 steps?</p> <p>How is this book divided?</p>	<p>Describe some of the ways school and after-school activities might be a challenge for someone with ADHD.</p> <p>Do these principles apply to other areas mentioned in the book, like cleaning your room, or keeping homework organized?</p> <p>Does this seem helpful to the intended audience?</p>	<p>Have you ever known anyone who fits this description? How can you help them?</p> <p>Go through the steps and think about how it might apply to a challenge in your life.</p> <p>What is one thing mentioned in the book that might apply to your own life?</p>