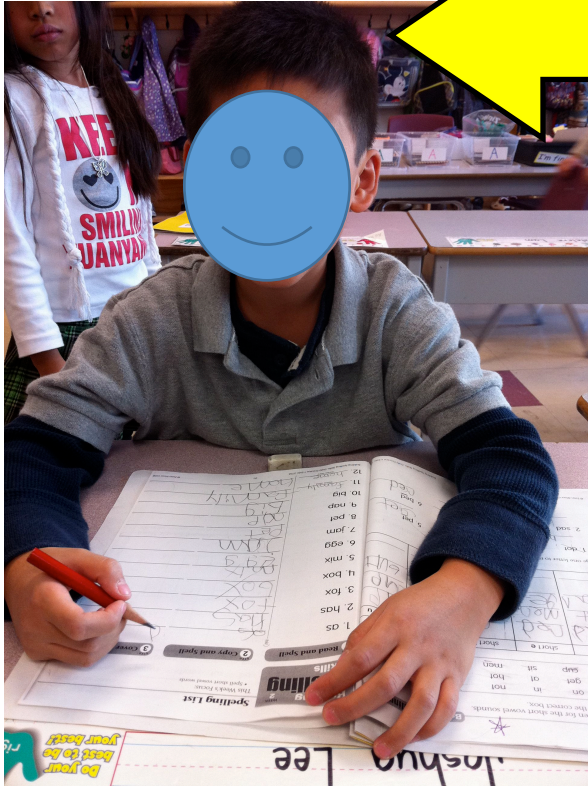
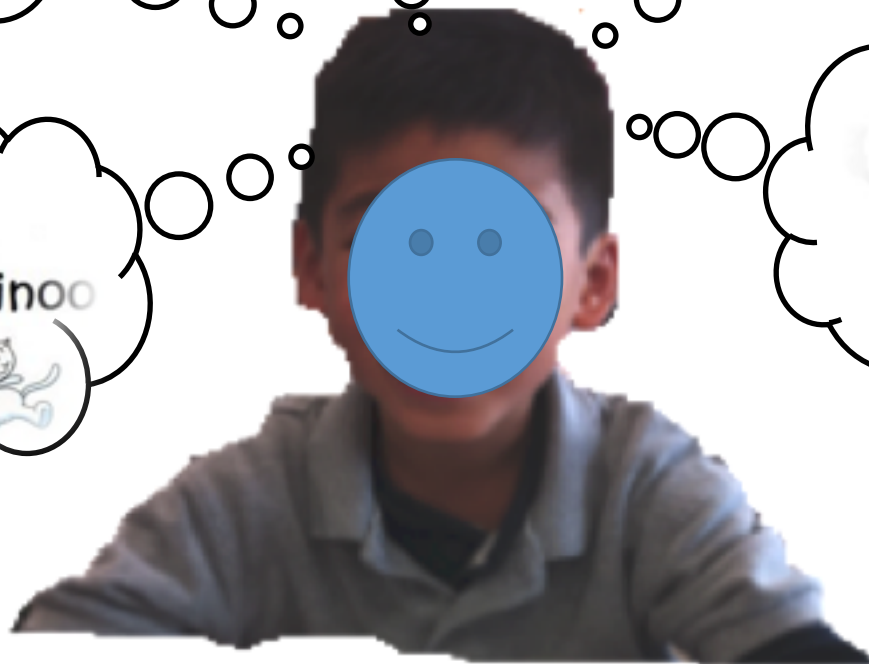


Hi! I am Joshua.

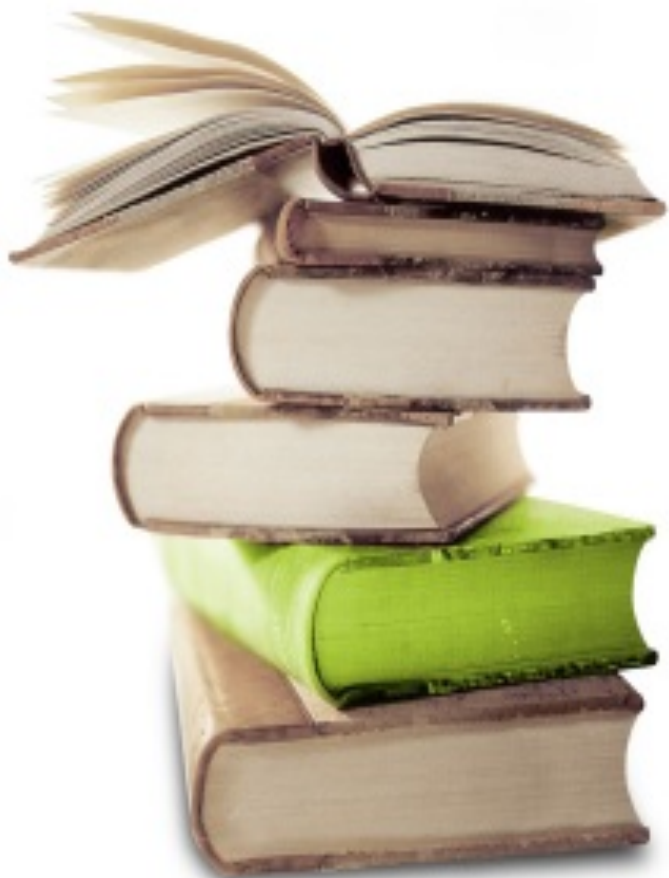


And this is my head!



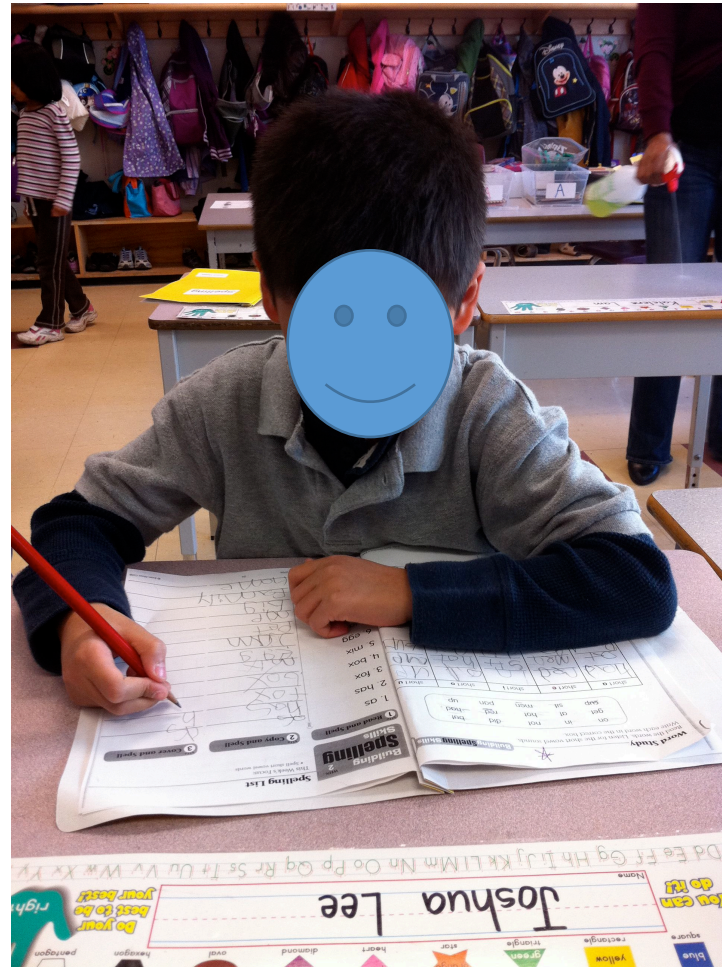
My head is FILLED with lots of cool stuff.

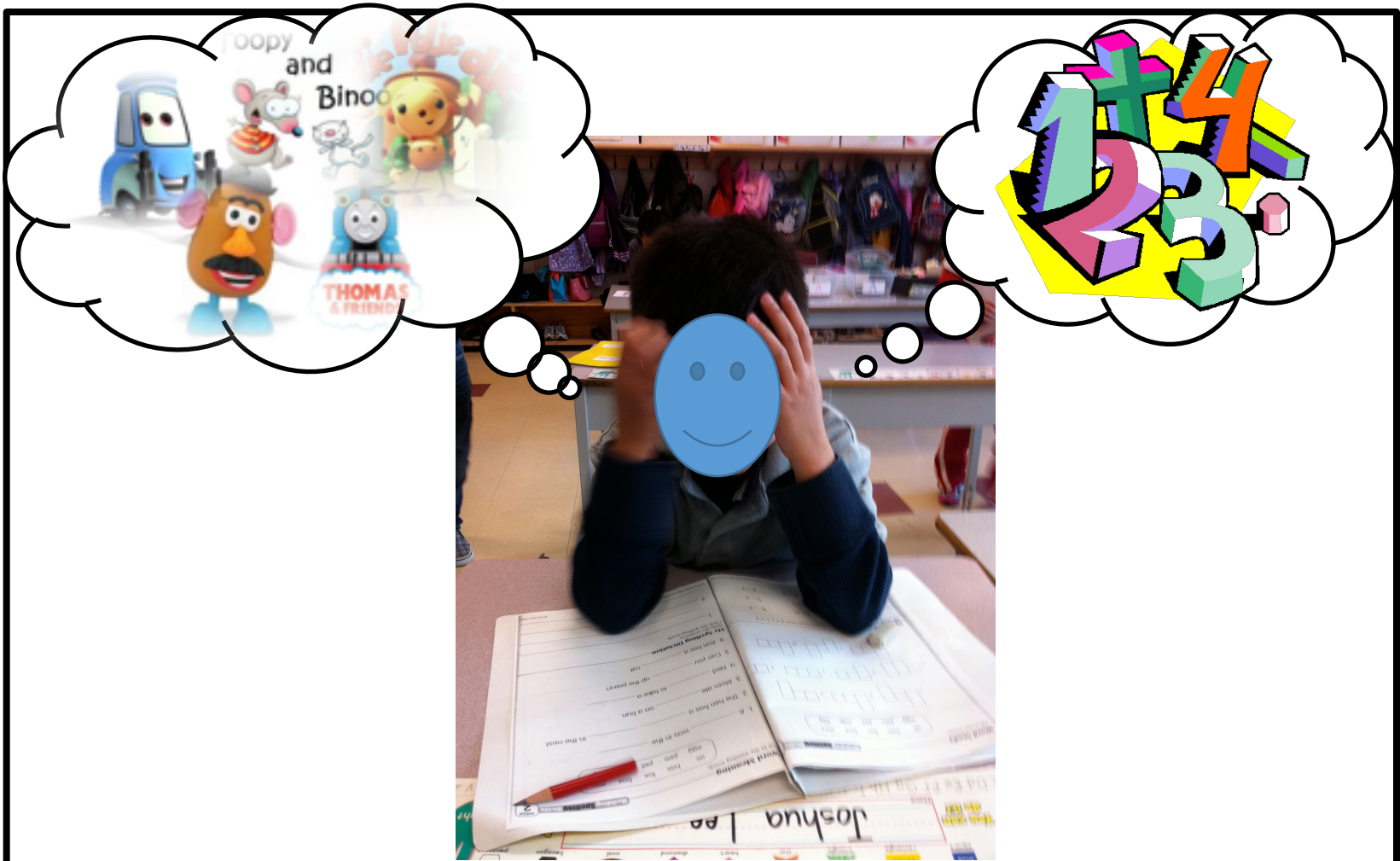
My head helps me tell stories, and
play games.



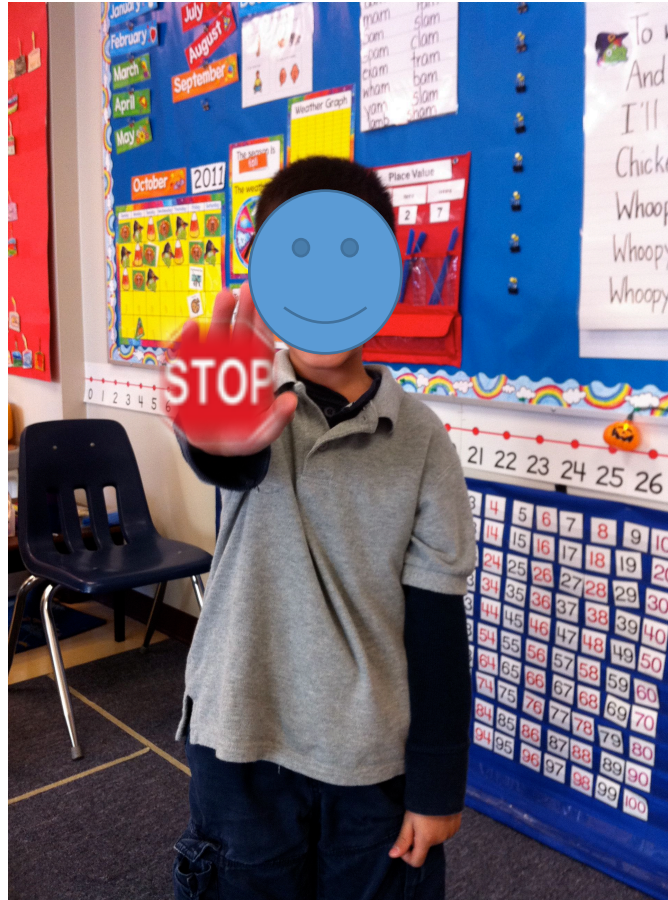
I am never bored!

But sometimes I need to do work.



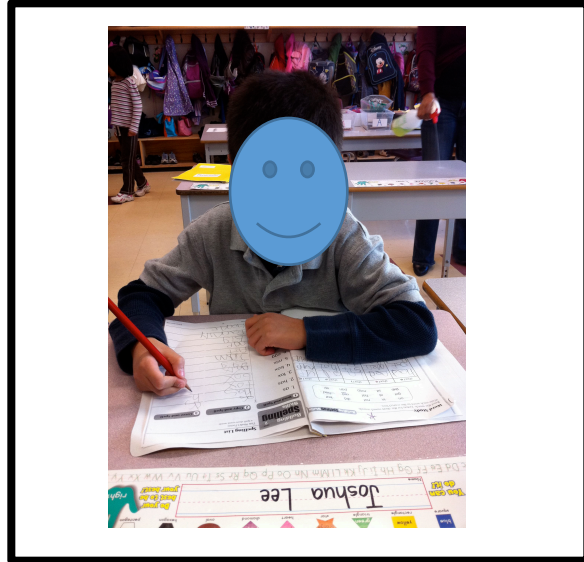


It is hard for me to focus on my work because of all the thoughts in my head.



I need to put my thoughts on stop so I can do my work.

first



then



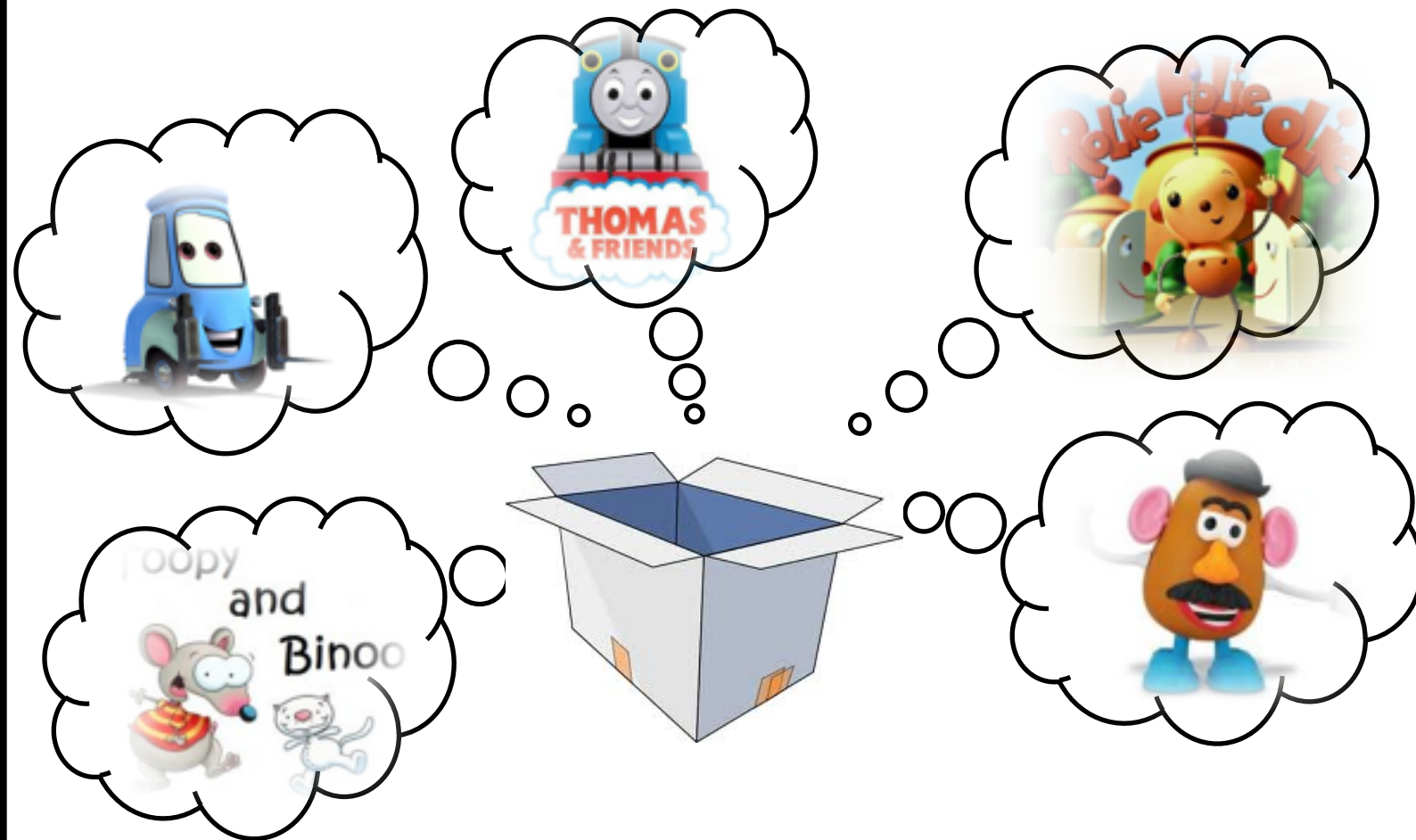
I can think about them again later,
when all my work is done.



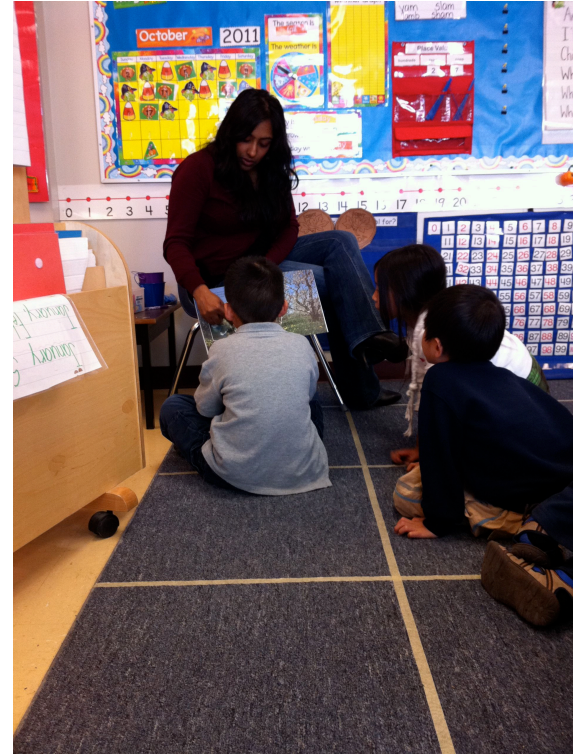
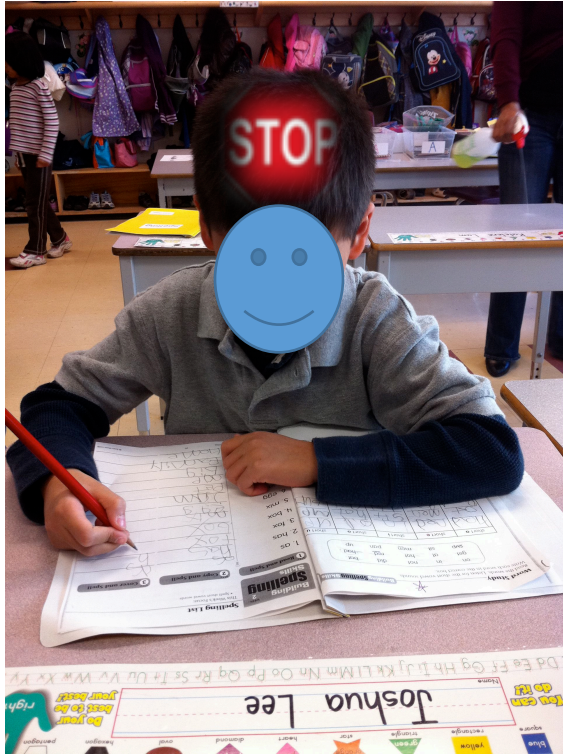
I know one thing that helps me!!



My head has a special box for me to put my thoughts in when I need to work.



Then, when my work is done, my thoughts can come back out of the box.



This helps me focus on my work by putting my thoughts on stop.



Go
JOSHUA
Go!



It makes my friends and my teachers
very happy!



It makes me happy too because
then I don't miss out on any fun.



Thank you head.

Here are my thinking steps:

1. I am not focused
2. I tell my thoughts to STOP
3. I put my thoughts in a box
4. I finish my work
5. I take my thoughts out of the box

