

My Popcorn Moments

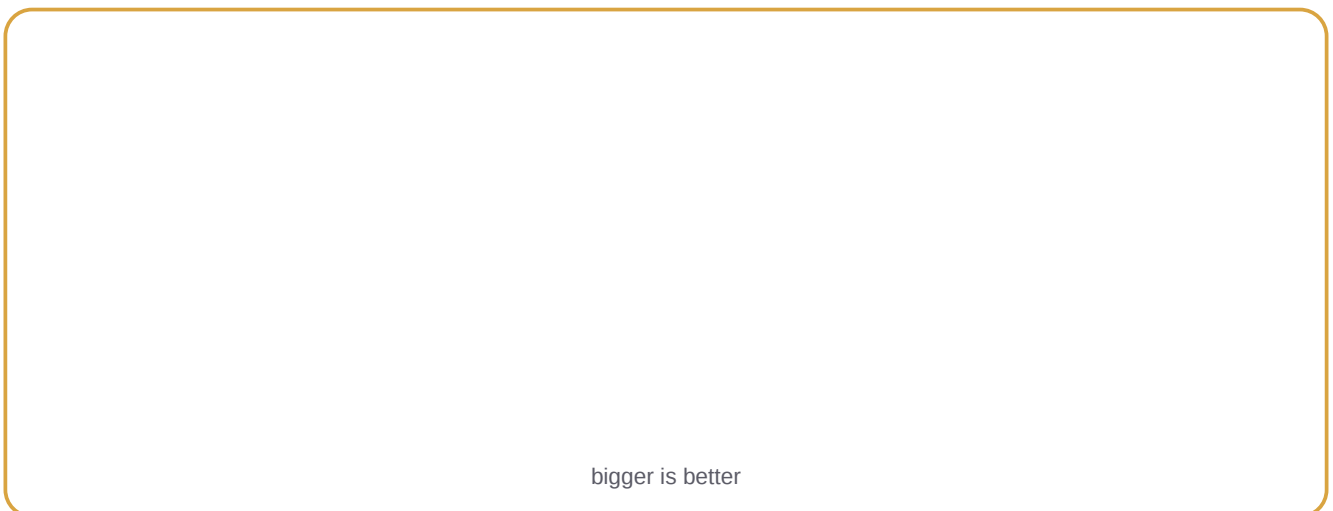
An activity from Max and his Popcorn Brain by Robin Ashlin

Max's brain pops without asking — a blink, a squeak, a shoulder that jumps all by itself. The pops were never naughty and never chosen. This sheet is for working out when yours come, and what helps them find somewhere good to go.

- 1 When do your pops get bigger? Tired, excited, nervous, holding still for a long time? Write down three moments.

- 2 When do they get quieter? Drumming, running, being somewhere nobody is watching? Write down three of those too.

- 3 Draw your own popcorn kernel. Big, fat and bursting — the way it feels just before a pop arrives.



bigger is better

- 4 Make a Pop Pass with a grown-up — a card that lets you leave the room for a movement break, no questions asked. Agree where you'll go and what you'll do when you get there.

"You don't stop the pops. You give them somewhere to go." — Max