



SUPPORT Report

VIRTUAL

Out of Care / Kinship
Providers
Drop in

Wednesday Mar 18
8:00 - 9:00 PM (PST)

Zoom ID: 858 3771
6954

AUDIO CAREGIVING CONNECTION

Will Resume in
April

Zoom ID: 289

JOKE CORNER

Why is Yoda such a good
gardener?

He has a green thumb.



Brain Hacks: 12 Tips to Activate Your Mental Superpower

Ever wish you had a superpower to handle stress, stay organized, and crush your goals? Brain Hacks a colorful, high-energy graphic novel, shows how five teens discover that their brains already have the tools to thrive. With quirky brain-based CREW members, science-powered “mind magic,” and time-travel adventures, this story makes managing thoughts, feelings, and actions feel like the coolest superpower ever.

Here are 12 practical tips from this graphic novel to help you strengthen your executive functioning and feel more in control of your day.

1. Tune into your metacognition (aka brain chatter).
2. Think about daily expectations.
3. Balance your inner coach and inner critic.
4. Feelings shift throughout the day. Don't label your whole day as “good” or “bad.”
5. Start with a plan. List your to-dos and decide the order.
6. Master the four steps of getting things done (executive functioning):
 - a. Define your goal
 - b. Create a plan
 - c. Do your to-dos (manage time, feelings, and actions)
 - d. Think flexibly because plans can change!
7. Estimate time realistically.
8. Figure out the “how.” When you know how to accomplish a goal, motivation follows.
9. Build motivation from within. Motivation helps you prioritize and avoid procrastination.
10. Know the difference between asking for help and asking for clarification:
 - a. Help = You don't know how to do something.
 - b. Clarification = You have an idea but need confirmation.
11. Use your brain's time travel. Reflect on past experiences and imagine future outcomes to guide your choices in the present.
12. Watch out for brain fog. When it takes over, planning feels impossible and procrastination creeps in, sometimes leading to the dreaded “Vortex of Misery.”



Let's Solve It! Step-by-Step Social Problem Solving with Kids 3-book Teaching Set

Authors: Michelle Garcia Winner and Pamela Crooke

Let's Solve It! Step-by-Step Social Problem Solving with Kids, 3-book Teaching Set, gives educators, therapists, parents, and caregivers a structured, visual, step-by-step way to teach kids about social problem solving through illustrated stories and problem-solving templates. Two storybooks help kids explore situations through multiple perspectives, while the companion teaching templates enhance understanding of basic concepts, encourage engagement, and build critical thinking skills.

UNDERSTOOD

What to do when your child's outburst is aimed at you

If your child with ADHD lashes out at you in anger, it's hard not to react emotionally. Many parents would feel upset, confused, or angry in return. (Your own emotions may be more intense if you also have ADHD.) Knowing more about why these outbursts happen and what you can do to manage them can make a big difference in how you feel and respond.

Outbursts aren't unusual in kids with ADHD, who typically have **trouble managing emotions**. But even if your child's words are about you, the outburst may not be. These verbal explosions come from what kids have been carrying all day, according to clinical neuropsychologist and Understood Expert **Karen Wilson, PhD**.

When **kids have ADHD**, it's harder for them to calm down and express frustration in healthy and age-appropriate ways. Once parents recognize outbursts as part of the condition, says Wilson, it's easier to respond with patience and support.

For more information [click here](#)

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