



SCATTERBRAIN THE BOGEY

*Doesn't Want
to Leave*

Hannah



Scatterbrain

Maybe I can
do my homework
later ...





WHAT HELPS ME WHEN MY BRAIN IS TIRED:



1. ➡

2. ➡

3. ➡

4. ➡

5. ➡

THIS IS A SAMPLE LIST.
TRY TO CREATE YOUR OWN!

Here I can practise my focus:





Hannah is distracted

At midnight, Hannah was asleep at last. But at half-past nine, there had been a crazy carnival in her head, with each idea hot on the heels of the last. Sometimes it seemed that all the things she had experienced that day were shouting at her at once. Hannah was used to chaos in her mind. But this time there was someone new in there – and he was jumping

attention; in short, she was distracted. And it was all this cheeky chap's fault! He was the one who gave her such a hard time during the day, by distracting her whenever she was supposed to be concentrating. She must find this Scatterbrain in the morning – and tell him in no uncertain terms that things couldn't go on like this!



on the bed. The cheek of it! It came to sleeping Hannah that she knew who he was. His name was Scatterbrain, and he was a bogey. A bogey who was perfectly at home in her head. Hannah knew why he was in her dream. People said she lacked concentration and struggled to pay



HANNAH DISLIKES THE FACT THAT FROM ALL SIDES,
thoughts are coming at her.

Hannah decided that she and Scatterbrain would have to meet, and that she would prepare well for the meeting – she would write down all daily troubles caused by her distractedness. For example: Hannah was once on the

backseat of the car next to Philip, her brother. Hannah was having a conversation with him, when Philip folded his arms and shouted, 'I've had enough of this, Hannah. One after another!' What has happened?



On a long car journey, thoughts piled into Hannah's head, one after another. Will there be ice cream there? My trainers are a bit tight. Oh, did I bring my journal? Wow, look at that huge fly outside the car! Hannah shared her thoughts with Philip, who listened attentively at first. He would have liked to respond to the first thought and consider the second, but Hannah

was on to the third before he could do anything. It was as though the thoughts were flying through the air, nipping at them, flying on ... Philip ran out of patience. He was irritated because they couldn't have a deeper conversation on any of the topics Hannah touched on.



Practise your concentration:

How many white dots are there on Scatterbrain's wings? Recall the number two minutes.



The flood of ever new topics eventually gave Hannah a headache. How she would love to stick to one idea at a time! But for that to happen, she would have to do something about Scatterbrain ...



When your head is overflowing with thoughts, people cannot guess what you wish to say.

SOMETIMES IT SEEMED TO HANNAH SHE HAD NO THOUGHTS AT ALL -
her mind was a blank.

'Come on, Hannah! I'm waiting for you to hand in your essay.'
 Hannah came to her senses. What was going on? Of course – she
 was in class! On the desk in front of her was a blank sheet of
 paper. The teacher was looking cross ... What was the matter?

I really need
 the essay,
 Hannah ...



Hannah and her classmates often
 wrote essays. That day, Hannah
 wasn't in the mood for writing.
 She was looking forward to a
 party at the weekend. Instead of
 sentences for the essay, her mind
 formed ideas about what she and
 her friends would do together.
 She didn't realize that because
 her mind was elsewhere, she
 was staring into space. It was as
 though time had stood still for
 a while ...

'Scatterbrain must be delighted!'
 Hannah thought. She had neglected
 her schoolwork, and it was his
 fault! How rude of him to keep
 distracting her!



Maybe
 Scatterbrain will
 go in my suitcase.

Practise your concentration:
 Mimic the expressions of the teacher
 and the children in Hannah's class. Don't
 burst into laughter!

Wow!
 No way!



**Sometimes it is great
 to be open to your
 daydreams. But it is
 better to wait until
 you have time and
 space for them.**

FAR TOO OFTEN HANNAH MAKES UNNECESSARY
mistakes through carelessness.

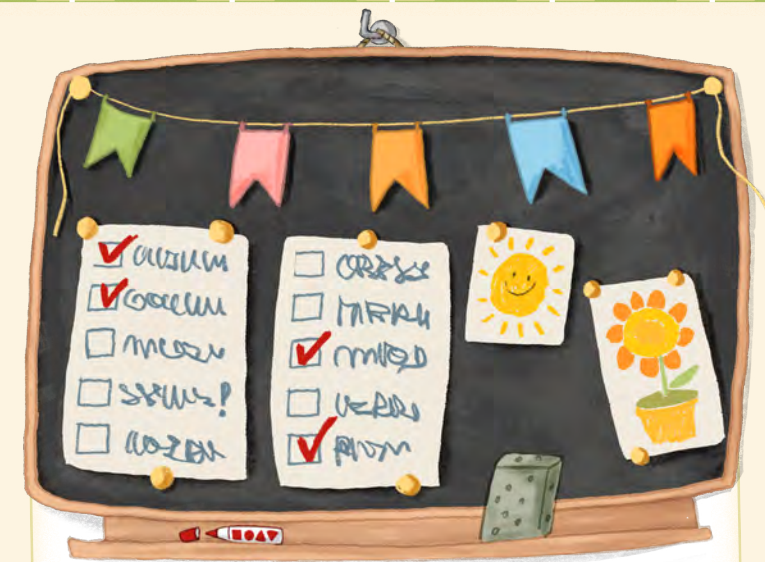
Practise your concentration:

Take 8 small identical objects (cones, pencils, apples, balls ...) and with them, build a tiny house for dwarves – be careful, it shouldn't fall.

'That was easy,' Hannah laughed, as she followed the camp leader across the meadow. Tasked with finding five pinecones, she had managed it in an instant. What was taking the others so long? What do you think had happened?



Hannah was surprised that the other children spent far longer working on the competition task than she did. She was so keen to be the quickest that it didn't occur to her to read the task instructions a second time. Had she done so, she would have known straight away that the others were using the cones to create an interesting work of art. Hannah scored very few points – because of her carelessness!



Everyone misses something sometimes. Although this thing may be unimportant, if we miss something essential, we are in for an unpleasant surprise. If we overlook a question in a maths test or fail to notice changes in a shop's opening hours, there will be unpleasant results: we will get a lower score in the test and find the shop closed.



Um, there's more, you know?



When searching for information or reading instructions, we should look before we leap!



HANNAH CAN BE SURROUNDED BY SO MANY TEMPTATIONS, SHE **doesn't know which to turn to first.**

Weekend at last! Hannah takes out the skates she wanted so much before spending most of her savings on them last week. She wants to be the fastest skater in the school, maybe even the whole town, maybe one day to make it to the Olympics ... But why is there so much junk in?

Practise your concentration:

Look at the things in Hannah's chest for 30 seconds. Then close the book and try to name as many of them as possible.

Here they are!



Hannah became keen on skating two weeks ago. Suddenly, all she wanted was to own skates and become a champion skater. A month ago, she was desperate to own a microphone and sing like a professional singer. Before that, she planned to knit a lovely warm sweater for everyone in the family. Before that, she was determined to learn perfect Portuguese. In short, Hannah's interests change very often and easily.



At first, we can borrow equipment for a new hobby. By borrowing, we save both money and space in our closet.

It is great that Hannah throws herself into what she enjoys with energy and enthusiasm. Her deep interest in what she wants to learn and willingness to devote her free time to it means that she can make great progress in a short time. It is also brilliant that Hannah is unafraid to try new things. Some people don't dare try new activities, and then they regret it. But she needs to learn to buy new equipment with caution – or her room soon becomes crammed with useless things.



SCATTERBRAIN THE BOGEY

Doesn't Want to Leave!

WRITTEN BY HELENA HARAŠTOVÁ & ILLUSTRATED BY LUCIA DERČALÍKOVÁ

Hannah would like to enjoy every day, but something keeps getting in the way - her own distractedness! Her thoughts digress and wander, she can't concentrate and often doesn't pay enough attention (even though she wants). Scatterbrain the BogeY is to blame! He sneakily and mischievously distracts her all the time. Luckily, Clarissa Sharp the fairy comes to help, and she has lots of clever tips and tricks to counteract inattention. She will help anyone who needs it, even you. In this book, you'll learn how to organize your time, stop making careless mistakes, and focus better. Join Hannah and learn together how to keep things under control!

***Support
and tips for
distracted
kids***

***Clarissa Sharp
the fairy***



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