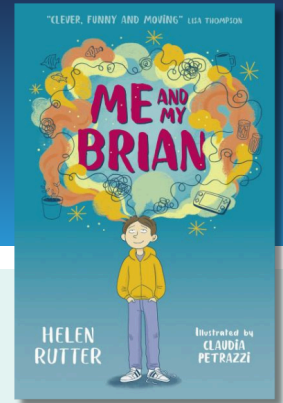




# BOOK TALK CARDS



## THEMES:

- Family
- Anxiety
- Mental health
- Mindfulness

## Me and My Brian

by Helen Rutter

Josh has always called his brain Brian, and Brian can sometimes be his best friend, helping Josh with tests and giving him brilliant moneymaking ideas. But he can also be Josh's worst enemy, keeping him awake at night worrying, and telling him that his family's problems are all Josh's fault.



### OUR THOUGHTS

"Realistic portrayal of anxiety, with a sympathetic main character. Language is straightforward enough for struggling readers and it has decent appeal."

## TIME TO TALK

- 1 Josh's brain "Brian" is often too noisy for him to order his thoughts properly, and causes him anxiety. Do you ever feel like this? What do you do to calm your brain down?
- 2 Do the things Brian says to Josh feel a bit silly and farfetched? Why do you think this is?
- 3 Josh is not the only person in his family who is struggling. Who else isn't coping very well?
- 4 There are some funny parts of the story – how does the humour help with understanding Josh's situation?
- 5 How does the trip to visit Grandma change Josh's outlook?
- 6 When Josh is stacking the logs, he notices things such as the pattern in the wood, the stretch of his muscles, the feel of the air on his skin, and his brain is much quieter. This noticing is a mindfulness technique. Why does it make Josh feel better?
- 7 Why did Grandma go and live like she did? Was she selfish, or did she do it out of necessity to help her mental health?
- 8 Did you like and/or expect the ending? Is it a happy ending for everyone?

Do you feel better when you've done hard work or a long walk in the fresh air?

## TAKE THE TEXT FURTHER WITH OUR TOP 5 TITLES TO CONTINUE THE THEME:

