

MY BRAIN IS A POPCORN MACHINE



BY [CHILDBOOK.AI](https://childbook.ai)

Milo sat at his desk in Miss Chen's classroom. She was talking about butterflies, but Milo's brain started popping. Pop! What if butterflies had rocket shoes? Pop! Could he build a butterfly house from boxes? Pop! Was it snack time yet? "Milo!" said Miss Chen. "Are you listening?" Milo blinked. Everyone was staring at him. His face felt hot. He had been humming a butterfly song out loud without even knowing it. "Sorry," Milo whispered. His brain wouldn't stop popping, even when he wanted it to.



At lunch, Milo told his friend Emma about a giant robot he wanted to invent. Pop! Then he noticed a bird outside. Pop! He jumped up to see it better and knocked over his juice box. Orange juice splashed everywhere. "Milo, please sit down," said the lunch teacher. Milo's tummy felt funny. Why did his ideas always pop out at the wrong time? On the playground, he tried to play tag, but his brain kept popping with new game ideas. "You keep changing the rules!" Emma said. Milo felt sad. Was something wrong with him?



That night, Milo's mom found him lying on his bed. "I don't like my brain," Milo said quietly. "It pops too much. Like a popcorn machine that won't turn off." Mom sat beside him and smiled. "You know what? My brain is like that too. And that's okay." She explained that some brains pop with lots of ideas very fast. "It's called ADHD," she said. "Your popcorn brain is full of amazing, creative thoughts. We just need to find the right tools to help you." Milo sat up. "Really? My brain isn't broken?" "Not even a little bit," Mom promised.



Miss Chen gave Milo a special fidget toy to squeeze when his brain started popping during lessons. It helped! Mom set a timer so Milo could see when activities would change. That helped too! At home, Milo drew pictures of his popping ideas in a special notebook. He didn't have to forget them anymore. "My popcorn brain made up a great story today!" Milo told Emma proudly. "Can I hear it?" she asked. Milo grinned. His brain still popped all day long with big ideas, tiny ideas, and funny ideas. But now he knew the truth. His popcorn brain was his greatest gift.



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