

Baxter Turns Down His Buzz

A Story for Little Kids About ADHD



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Baxter was the fastest bunny in the forest.

His mind buzzed with thoughts and his body wanted to zoom.



First, he would tap his little bunny foot on the ground. Then he would shake his tail, wiggle his ears, and *zooooom*, he was off!

He whizzed past the weasels and dashed past the deer.

He was one quick and smart little rabbit.





One day, Baxter's uncle Barnaby noticed Baxter sitting under a tree, not zooming around like usual.

"What's wrong with my little Baxter?" said Uncle Barnaby.



“I have no friends,” said Baxter. “None of the other forest animals like me. I don’t get it. I am the first to win the forest games. I am the first one to finish any forest work.”

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Baxter was the fastest bunny in the forest. His mind buzzed with thoughts and his body wanted to zoom! But sometimes he lost control of his buzz and his zoom, like when he rammed into the raccoons during the annual forest race.

With help from his uncle Barnaby, Baxter learns how to slow down his thoughts, be more aware of what is happening around him, and relax his body. At the next forest race, Baxter finds that his buzz is just right!

Includes a **Note to Parents and Caregivers** with additional suggestions for helping children with ADHD be more mindful of their surroundings and manage their behavior.



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