

Fast Forward

An Ozzie Story

Discussion & Reflection Guide

Different brains. Brighter days. ♥

About the Book

Fast Forward: An Ozzie Story

follows nine-year-old Ozzie, who has a fast brain, big ideas, and a talent for losing things that are sometimes still attached to him. He knows he makes mistakes, but he also knows he tries hard, cares about doing well, and has so much to offer.

With humor, honesty, and a growing collection of tools, Ozzie learns that having ADHD does not mean something is wrong with him. It simply means his brain works a little differently—and different can be amazing.

Same brain.
Brighter days. ★



Suggested Age Range Ages 6–10

Best used with:

- Parents and caregivers
- Teachers
- School counselors
- Therapists
- Librarians
- Grandparents and family members
- Small groups
- Classroom discussions
- Book clubs



Key Themes

- ADHD and different brains
- Strengths and challenges
- Self-acceptance
- Learning strategies and tools
- Asking for help
- Friendship and kindness
- Mistakes and trying again
- Staying organized (in your own way)
- You are not alone
- Different is a strength

♥ Why This Book Matters

Fast Forward helps children see that having ADHD is not a bad thing. It shows that different brains can be creative, bright, curious, and full of ideas. It also gently explains some of the real challenges that can come with ADHD, like staying focused, remembering things, and managing big feelings.

This story helps children understand:

- ♥ Everyone's brain works a little differently.
- ♥ It's okay to have a hard time with focus, impulsivity, or organization.
- ♥ There are tools and strategies that can help
- ♥ Mistakes are a normal part of learning.
- ♥ Kind people make a big difference.
- ♥ You are more than your challenges.

It opens the door for honest, supportive conversations about ADHD in a way that feels positive, hopeful, and empowering.



Different minds
brighter tomorrows. ♥



Before Reading

You might ask:

- 1 What does it mean when someone says a brain works differently?
- 2 What are some things that can make it hard to focus?
- 3 What are some things that can help when your mind feels busy?

There are no right or wrong answers. Let children share as much—or as little—as they feel comfortable.



Let's Talk About Ozzie

- 1 What do you think makes Ozzie special?
- 2 What are some challenges Ozzie faces?
- 3 How does Ozzie feel when things don't go as planned?
- 4 What tools or strategies helped Ozzie?
- 5 Who are the people that support Ozzie?
- 6 What did you learn about ADHD from this story?
- 7 How can friends be kind and helpful to someone whose brain works differently?
- 8 What would you say to Ozzie if you could talk to him?



Gentle Connection Questions

- What are some ways you like to learn?
- What helps you when it's hard to focus?
- Who are some trusted adults you can talk to when things feel overwhelming?
- How can we be kind to friends who might be different from us?
- What are some of your own strengths?
- What does "trying again" mean to you?
- What are some ways we can make school and home a little easier for everyone?



Small Steps
Big Possibilities



Try This: My Brain Toolbox

Invite the child to draw or list the tools that help them feel calm, focused, and successful.

This might include:

- ♥ A fidget or quiet hands
- ♥ A reminder note or checklist
- ♥ A calming activity (like drawing or breathing)
- ♥ A trusted adult
- ♥ A place to keep important things
- ♥ Something that helps them feel proud



Different tools
Bright futures. ★



A Note for Adults

This book can be a helpful starting point for talking with children about ADHD, neurodiversity, and the importance of acceptance and support. Some children may see themselves in Ozzie's story, while others may be learning about a classmate, friend, or family member.

- ♥ Use the story to build understanding, not to label.
- ♥ Focus on strengths as well as challenges.
- ♥ Normalize asking for help and using tools.
- ♥ Encourage kindness, patience, and inclusion.
- ♥ Let the child lead the conversation.
- ♥ Celebrate progress, not perfection.

Real kids.
Real challenges.
Brighter
tomorrows. ♥