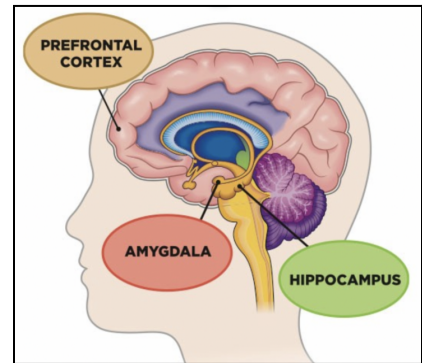


Children's Brains After a Pandemic

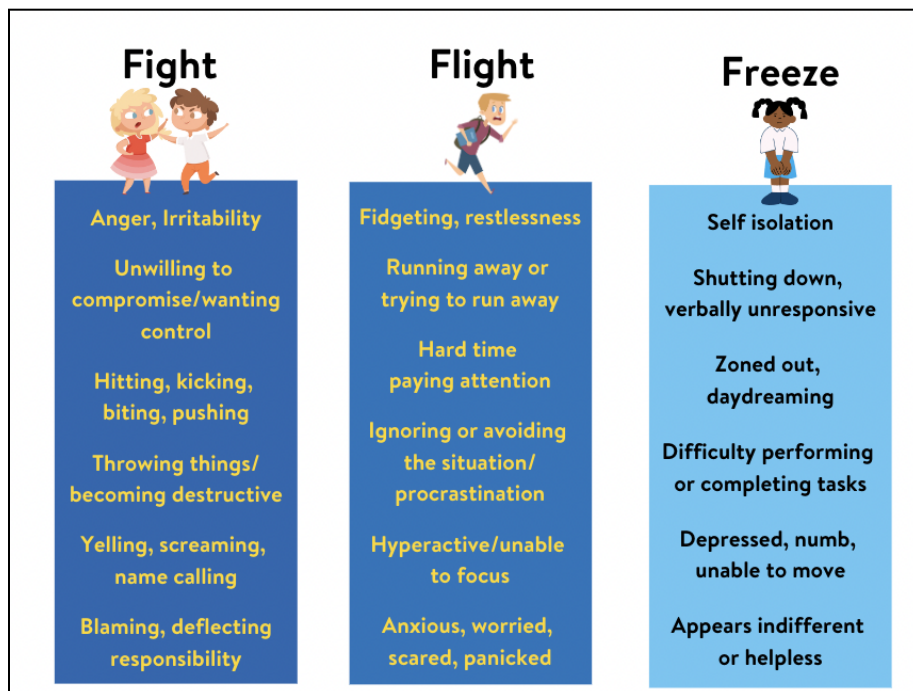
Students have the right to be treated with dignity and respect for their ideas, skills, and stages of development. - SongWorks Principle of Teaching and Learning #1

THE BRAIN

- The Amygdala is the brain's fear center:
 - Main source for fight, flight, freeze
 - Amygdala's #1 job is to stay alive!
 - In charge of safety, attachment, and regulation - in that order
- The Prefrontal Cortex is the thinking part of the brain:
 - The only part of the brain over which we have conscious control
 - In charge of impulse control, communication, empathy, problem solving, planning behavior
- The Amygdala and Prefrontal Cortex are never "on" at the same time. Our goal is to get our students' Amygdalas to feel connected and safe so their Prefrontal Cortexes can do its job.



WHAT STRESS LOOKS LIKE IN CHILDREN:



WHAT DO WE DO TO HELP THE CHILDREN?

We provide opportunities for connection, brain growth, and executive functioning as we:

NOTICE

Acknowledge what you are seeing.

- "You look really _____ right now, did I get that right?" (If wrong, try again.)
- "I can see that. I bet that feels really hard!"

LISTEN REFLECTIVELY

Restate with understanding.

- "I'm so mad at _____ because _____."
- "You are mad at _____ because _____." (wait)
- "Yes, they _____." "I can understand how that would be upsetting!"

SHOW HEARTFELT APPRECIATION

Download "I'm a good kid" into their hearts and brains with intentional language.

- "When you... _____ I feel... _____ because _____."
- Or: "When you... _____ you must feel... _____ because _____."

CONNECT

Soothe the child on an instinctual level (amygdala).

- Proximity
- Healthy physical affection
- Quiet, calm, close

GROW

Provide opportunities for brains to think, problem solve, be aware of others (prefrontal cortex).

- Focus on the basics.
- Play the games.
- Ask children to solve the problems.
- "I trust that you _____ because _____."
- "How does that work well with the fact that we all _____?"
- They answer and we ask, "Because?"

