



Function	Cortex	Limbic System	Brainstem
Functions Tools & Strengths	<ul style="list-style-type: none"> • Academic and social knowledge. • Language and number • Creative problem solving • Patience • Prefrontal Cortex • Consideration of others perspectives • Empathy • Inner Wisdom • Executive functioning and planning skills • Send, receive and process messages • Flexible 	<ul style="list-style-type: none"> • Formation of new memories about experiences • Motivation • Experience of Feelings 	<ul style="list-style-type: none"> • Safety supervisor • Essential body systems and organ function
Essential Question	<ul style="list-style-type: none"> • What can I learn here? • How can I solve this problem? 	<ul style="list-style-type: none"> • Am I liked? • Am I loved? 	<ul style="list-style-type: none"> • Am I safe?
Actions available when answer to essential question is "No!"	Cortex Tools, Functions and Strengths are only available when answers to Limbic System and Brainstem essential questions are "Yes!"	<ul style="list-style-type: none"> o Blaming o Shaming o Name Calling o Defending 	<ul style="list-style-type: none"> o Fight o Fright o Freeze o Faint