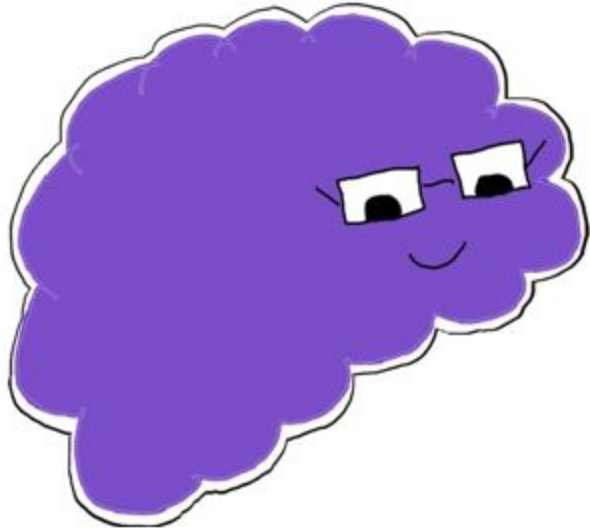


#BrainSciencesMagic



Cerebral Cortex's
Essential Questions:

- What can I learn?
- How can I solve this?

Tools

Creative wisdom, executive functioning, problem solving, ability to manage stress

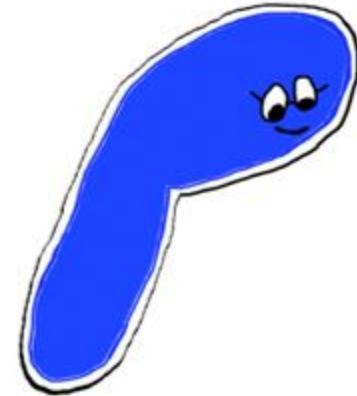


Brainstem's
Essential Question:

- Am I safe

Tools

Fight, Flight, Freeze or Faint



Limbic System's
Essential Questions:

- Am I liked? Am I loved?
- Do I like and love myself?

Tools

Name calling, blaming, shaming, defensiveness

Hovious, 2020, Siegel & Hartzel, 2003, Bailey, 2013

