

PARENT EDUCATION NIGHT

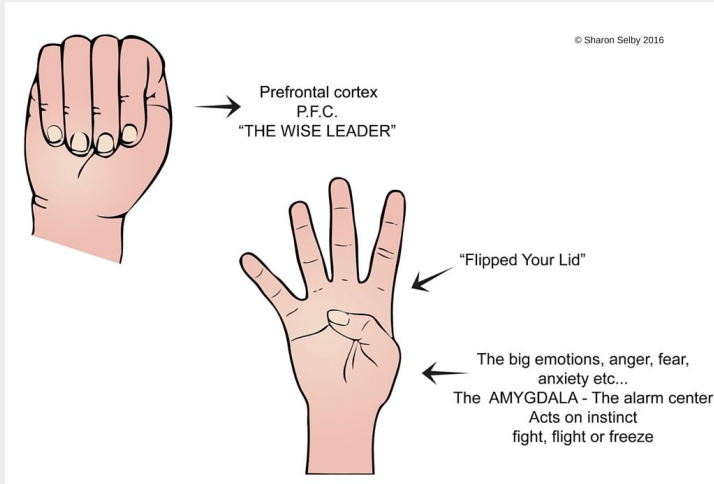


INQUISITIVE MINDS

Natural learning. Education for life.

Last Time...

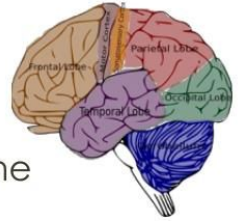
We learned about brain states
and the hand brain model!



Becoming Brain Smart

Three Brain States

1. Survival State- takes place in the brainstem
2. Emotional State- takes place in the limbic system
3. Executive State- takes place in the prefrontal lobes *This is where we want our students to be!*



What is an Emotion Space...



We have implemented a physical structure in each classroom which acts as an emotional space that students can use as they need. The emotional space was designed to be helpful and regulating for students instead of a more traditional time out space which is punitive in nature.

The emotional space was created to help students feel safe in the classroom, and allow them to realize that they have the power to regulate themselves. This space intends to teach students instead of punishing them.

Creating an emotion space at home...





1

WAYS TO BE HELPFUL
WHEN MOMMY IS PUTTING THE BABY TO SLEEP...

2

Emotional Space

8

7

6

3

9

4

5



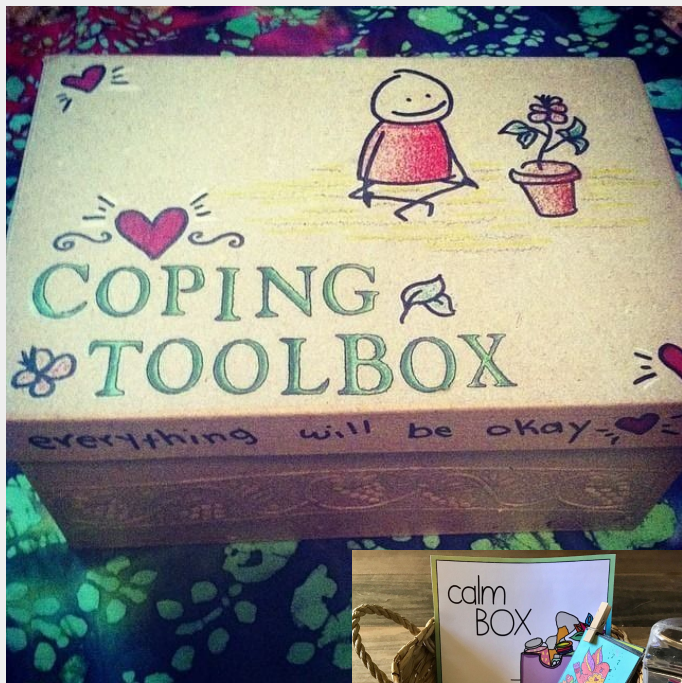


6
Emotional Space



Start with physical spaces throughout your home... Reinforce the idea that emotional spaces and calming tools can exist anywhere - whenever we need them





Conscious Discipline: Emotional Space Toolkit



It can be easy to resort to screens and ignore our emotions when we're dysregulated but what if put our phones and computers away to work through our stressors? **These are items that could be useful to put in your own calming toolbox:**

- Fragrant kinetic sand or slime
- Journals
- Art supplies (our favorite pen, adult coloring books)
- Small puzzles or crosswords
- Zen/sand gardens
- Noise canceling headphones
- Essential oils
- Your favorite book or poem



Mind Bubbles



Create a “bubble wand” with pipe cleaners in whatever shape you would like...

Pretend to dip your bubble wands in soap while you take a deep breath... and then blow the bubbles away!

You could also use this as a way to discuss thoughts and let go of thoughts and feelings after talking through them with your child.

Breathing Wands

String 10 beads on to a pipe cleaner and knot both ends so beads cannot fall off. Slide the beads over one at a time with a deep breath in and out.





guided relaxation

with Mellisa Dormoy
of Shambala Kids

“Pausing to Understand Anger”

Close your eyes now and take in a nice deep breath now and as you slowly exhale, imagine erasing all your thoughts for a moment as if you were erasing words and pictures on the chalkboard.

Slowly see all the thoughts and busyness of the mind fade away. Slowly, very slowly watch the eraser glide over the blackboard. Allow it to relax your mind and body.

Our minds are very fascinating. They will hold onto the thoughts that we focus on the most. When we focus on a thought intensely, or think it over and over, it brings up certain feelings within us. These feelings can be of happiness or excitement, but they can also be thoughts that make us angry, afraid or sad. Feelings are never wrong or bad, and thoughts are simply things our minds think.

Let's take a moment to talk about anger. Everyone feels anger sometimes. Anger is not bad or wrong but we must be mindful of what we say or do when we are angry. We can be in total control of our emotions, while processing a logical response to the situation. This means we can feel angry about something, but we can still choose to think before we respond to the feeling.

We can think about how our words might affect the person who hears them. We can imagine how our actions will affect another.

It's good practice to think about our anger before we react to it. We can respond in a way which expresses our anger by choosing our words carefully. We can explain why we are angry to those

who care about us and talk it out. Feeling anger doesn't mean we need to use angry words. We can express our dissatisfaction while still using caring words.

Deep inside, we know that we wouldn't be angry about something unless we cared about it. So next time you are feeling angry, notice how the anger feels, and then take a few deep breathes before you respond to that feeling of anger. When you respond, you will have thought about why you felt that way and you can learn to better understand and know yourself. Our feelings can be a gift to us when we take the time to understand why we feel the way we do. It's rather magical, isn't it?

Life is just so full of wonderful experiences and situations that help us know ourselves better, even anger. We can always learn something and improve ourselves thanks to our experiences, which is the true gift! Life grows with us as we grow. It presents new things, lessons and situations to us each and every day so we can always try to be the best person we possibly can.

Take in a nice, deep breath now and when you're ready you can open your eyes. You've done an amazing job today learning about new ways to deal with feelings and emotions.

Guided Meditation

“The Storm Calms When We Let Go”

Everybody gets angry sometimes. It's OK to feel our feelings. It's also important to know what to do when we feel anger, so let's visualize how to handle it now.

When you're ready, gently close your eyes. Get comfortable and take in a nice, deep breath. Now, exhale slowly. Very good.

Take in a few more deep breaths now as you begin to imagine a beautiful field by a calm stream. The sky is bright and clear. You can hear birds singing all around you. They hop and fly among the big, beautiful trees all around the field. The stream soothes you as you listen to its water bubbling and flowing.

As you look up into the sky and remember times you've been angry, you notice the sky begins to get dark. You might even hear thunder in the far distance as a storm appears to roll in.

Knowing you are perfectly safe, you calmly watch the storm closely and it reminds you how intense you might feel inside your body whenever you feel angry.

Anytime we start to feel angry, we can close our eyes, breathe deeply, and remember that anger is an emotion we all feel, just like any other emotion. Emotions feel different in different areas of our bodies.

Once we have noticed the anger and pay attention to what it's trying to tell us, we can just let it go... like a leaf flowing down a stream.

Our anger is calmed when we recognize what it is and understand why we feel it. We remember that emotions are made to be felt, but also to be released and not held on to.

So, imagine the anger leaving your body just as swiftly as it came.

The anger is calmed when we let go. And now you notice how the storm calms too. There's a beautiful opening now in the sky and the sunshine warms you. The sky is clear and calm once again.

This reminds you that anger passes. Anger is just a feeling, and feelings pass.

Taking in another deep breath and let that breath go all the way down to your belly. Now imagine dipping your toes into the fresh stream. The water washes over your feet and feels so calm and wonderful. The cool water washes away any stress, any worries, and any anger you feel inside.

You can come back to this place in your mind anytime you feel angry or if you just want to feel peaceful. Imagine the beautiful blue sky, the birds singing, the gentle stream, and the grassy field that smells of the wonderful, rich earth.

You've done an amazing job today. When you're ready, give your body a big stretch and bring your attention back to this room.



Aa

Make circles with
your Ankle



Bb

Balance on
one foot



Cc



Dd



Daydream Pose

Say: "I can see myself"

Lie on your back with your arms and legs flat. Palms down and close your eyes. Take three deep breaths.

Yoga Activity: Waterfall Pose

Say: "I am free to move"

Stand with your feet slightly apart, reach up with your hands lookup. Lean back slightly, take three deep breaths and repeat 2 times.



Happy Baby Pose

Say: "I am strong"

Lie on your back, lift up your legs. Reach up and grab the outside of feet. Take three deep breaths.



GROUNDING TECHNIQUES FOR THE SENSES

- 5 THINGS YOU CAN SEE 
- 4 THINGS YOU CAN TOUCH 
- 3 THINGS YOU CAN HEAR 
- 2 THINGS YOU CAN SMELL 
- 1 THINGS YOU CAN TASTE 



Place one hand
on your chest.

the other on
your belly

Breathe.
Notice.
Repeat.



SURVIVE EVERYDAY PARENTING CHALLENGES
AND HELP YOUR FAMILY THRIVE

THE WHOLE-BRAIN CHILD

12 REVOLUTIONARY STRATEGIES
TO NURTURE YOUR CHILD'S
DEVELOPING MIND

"Simple, smart, and
effective solutions to
your child's struggles."
-Matter Kram, M.D.

DANIEL J. SIEGEL, M.D.
BESTSELLING AUTHOR OF MINDSCAPE
AND TINA PAYNE BRYSON, Ph.D.

Two Brains Are Better Than One... Integrating the two hemispheres of the brain is KEY!

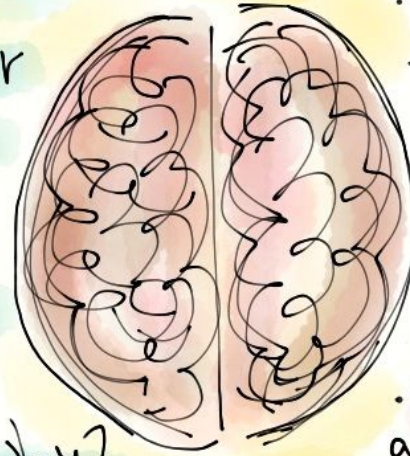
LEFT THE BRAIN

- later to develop
- logical
- linguistic
- literal
- linear
- concerned with outside world
- likes to analyze
- likes lists
- wants to know why?
- connects with outer experiences

Paper53 Image
by P. Becker

RIGHT

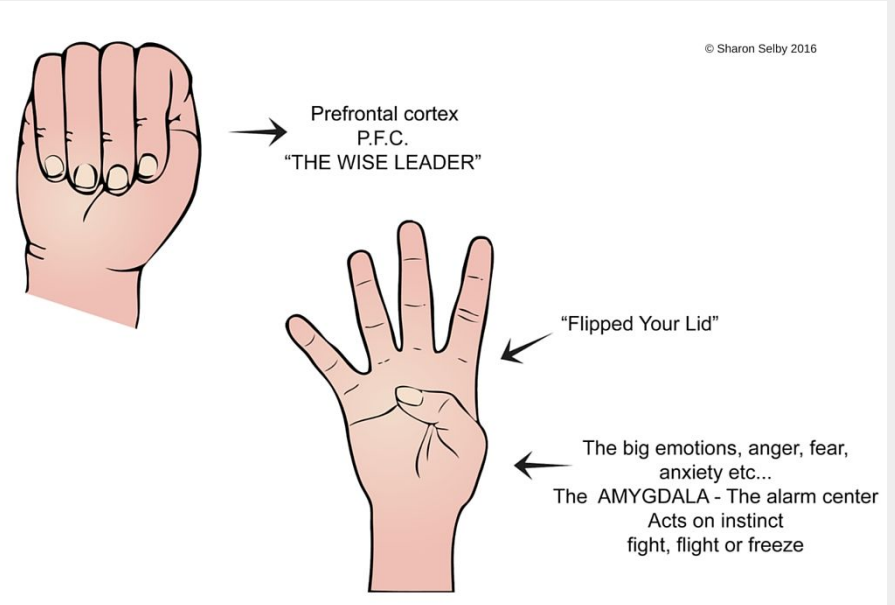
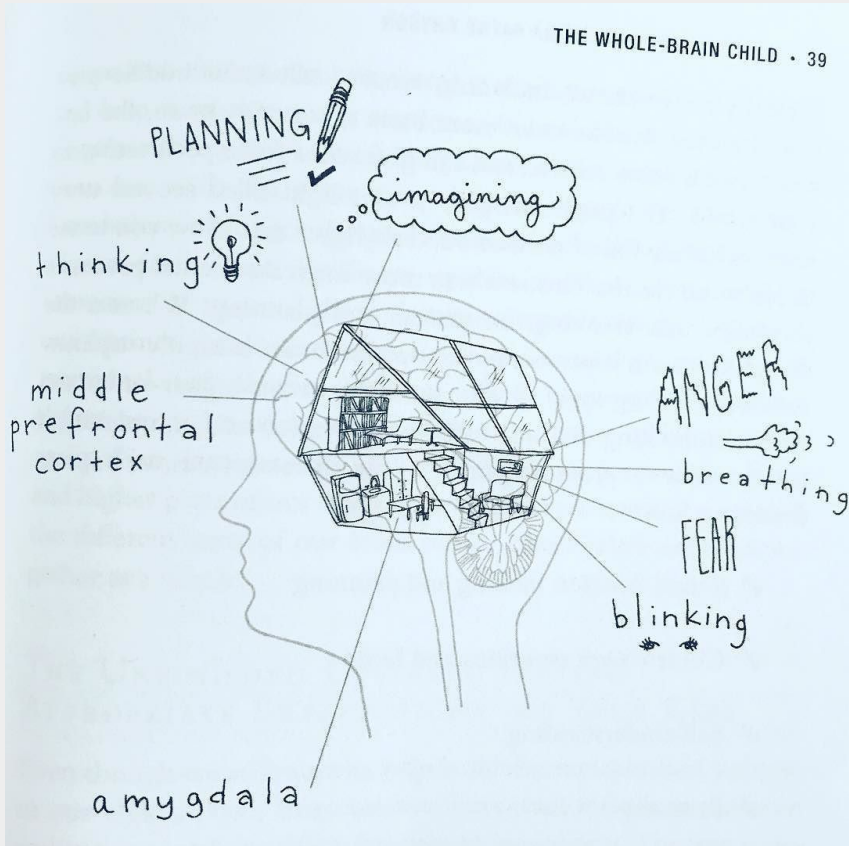
- quicker to develop
- holistic
- gut feelings
- nonverbal
- autobiographical
- concerned with inner world
- cares about big picture
- cares about feelings and emotions
- soothes self
- heart sends signals to right
- concerned with whole



Dan Siegel
Feb 2013



The Upstairs and Downstairs Brain



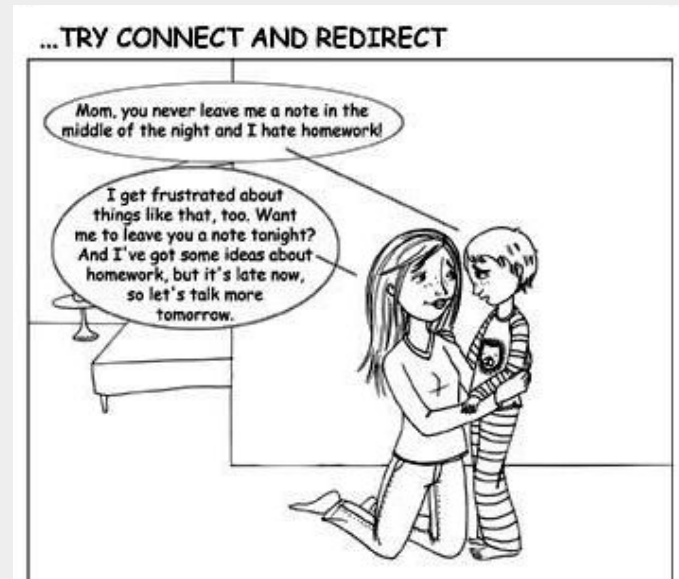
Whole Brain Child Strategies

The Whole Brain Child introduces **12 strategies** for parenting and guiding children to aid in their development and socio-emotional well-being. Strategies are broken down by age groups to help parents implement what is most effective for their children at their developmental stage.



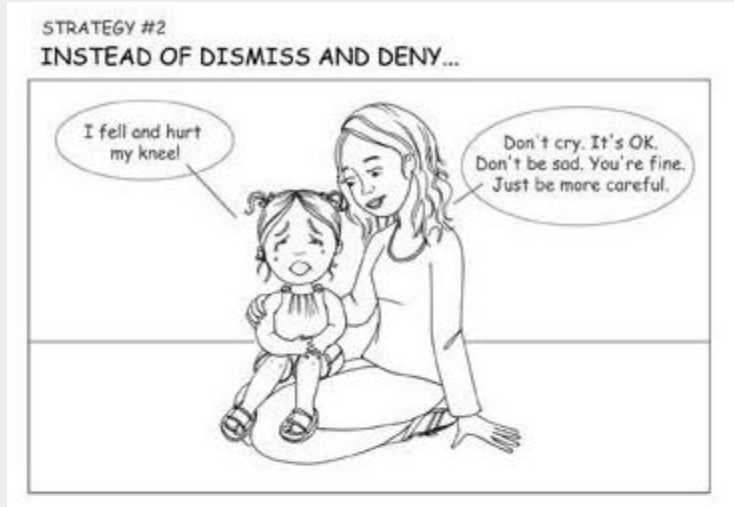
Type of Integration: Integrating the Right and Left Brain

#1: **Connect and redirect:** When your child is upset, connect first emotionally, right brain to right brain. Then, once she is more in control and receptive, bring in the left-brain lessons and discipline.



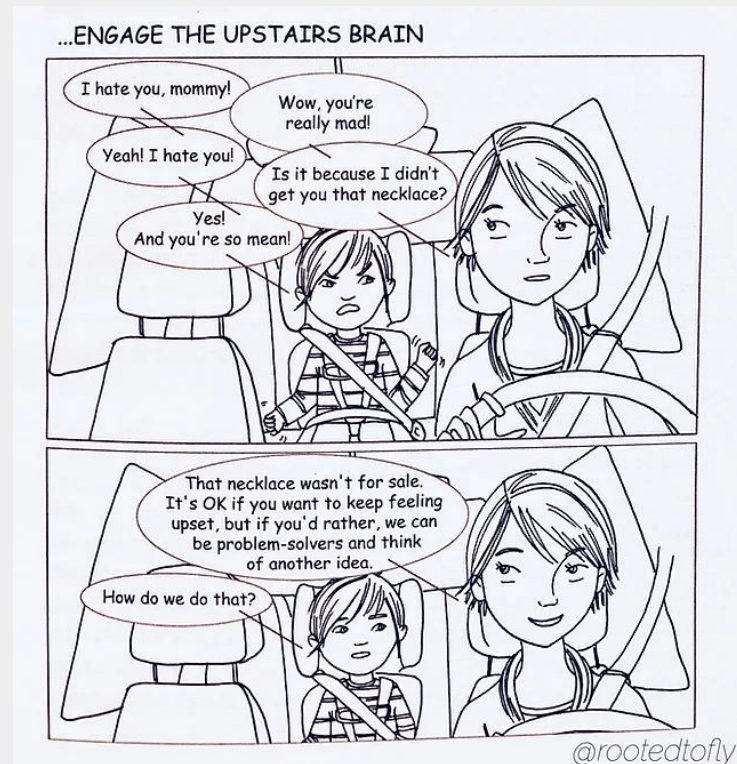
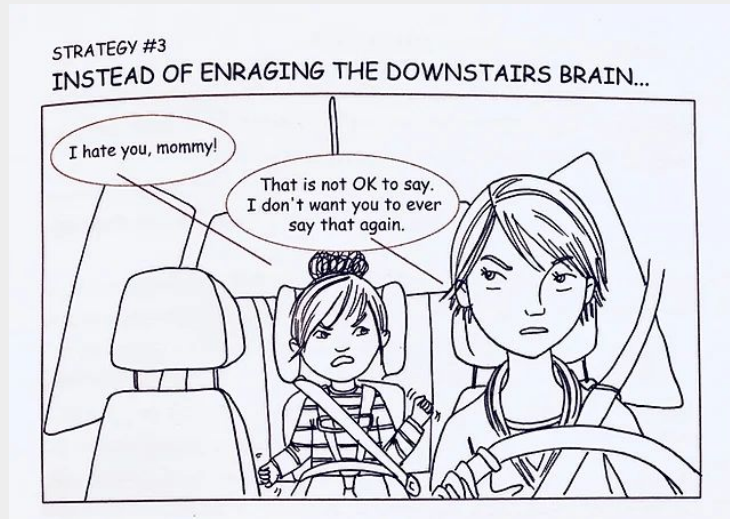
Type of Integration: Integrating the Right and Left Brain

#2: Name it to tame it: When big, right-brain emotions are raging out of control, help your child tell the story about what's upsetting him. In doing so, he'll use his left brain to make sense of his experience and feel more in control.



Type of Integration: Integrating the Upstairs and Downstairs Brain

#3: Engage, don't enrage: In high-stress situations, engage your child's upstairs brain by asking her to consider and plan and choose, rather than triggering her downstairs brain, which is less about thinking and more about reacting.



Type of Integration: Integrating the Upstairs and Downstairs Brain

#4: Use it or lose it: Provide lots of opportunities to exercise the upstairs brain so it can be strong and integrated with the downstairs brain and the body.

NURTURING THE UPSTAIRS BRAIN

Build healthy brain connections with body, mind, and soul.

BODY

- Sleep, eat, and exercise for my health
- Take a time out
- Breathe – deeply and often
- Nurture my senses
- Notice how I feel
- Get a massage
- Listen to my body
- Look for what is good or working well
- Hug someone, hold hands, etc.
- _____
- _____

MIND

- Be proactive (Journal, "Joy Plan," etc.)
- Set up healthy boundaries
- Notice the "wins"
- Quit Taking It Personally (Q-TIP)
- Let the right people take control
- Respond to my inner critic like a trusted friend would respond
- Limit social media and negativity
- Practice responding instead of reacting
- Remember my accomplishments
- Notice how I am feeling
- Remind myself of what is true
- _____
- _____

SOUL

- Send safety signals with a little smile
- Sing
- Laugh and play
- Practice gratitude / gratefulness
- Get some "green time"
- Appreciate people and situations
- Phone a friend or "safe big critter"
- Be kind to someone
- Pray, especially for those who bother us
- Forgive
- Step into my power
- Practice mindfulness or meditation
- _____
- _____
- _____



BraveBrains



Type of Integration: Integrating the Upstairs and Downstairs Brain

#5: Move it or lose it: A powerful way to help a child regain upstairs downstairs balance is to have him move his body.



Type of Integration: Integrating Memory

#6: Use the remote of the mind: After an upsetting event, the internal remote lets a child pause, rewind, and fast-forward a story as she tells it, so she can maintain control over how much of it she views.

Type of Integration: Integrating Memory

#7: Remember to remember: Help your kids exercise their memory by giving them lots of practice at remembering.



Type of Integration: Integrating the Many Parts of Myself

#8: Let the clouds of emotion roll by: Remind kids that feelings come and go. Fear, frustration, and loneliness are temporary states, not enduring traits.



Type of Integration: Integrating the Many Parts of Myself

#9: SIFT: Help your children notice and understand the sensations, images, feelings, and thoughts within them.


Name _____ Date _____

Emotions Body Map

Instructions: Using the emotions body map below, use different colors to signal each of the different emotions, then show where you feel these emotions in your body using those same colors. For example, "Happiness" could be yellow. If you feel happiness in your feet, then you would color your feet yellow.

After you complete your emotions body map, complete each sentence below by stating where you feel certain emotions in your body:

Example: When I feel anger, I can label it by saying in my mind, "I feel anger in my chest and it is red."



Emotions Key

- Anger
- Happiness
- Boredom
- Love
- Loneliness
- Gratitude
- Sadness


Emotions Body Map

When I feel anger, I can label it by saying in my mind, _____

When I feel happy, I can label it by saying in my mind, _____

When I feel bored, I can label it by saying in my mind, _____

When I feel love, I can label it by saying in my mind, _____



SIFT

Teach kids to explore
SENSATIONS
IMAGES
FEELINGS
THOUGHTS
inside them to help
them understand and
change their experience

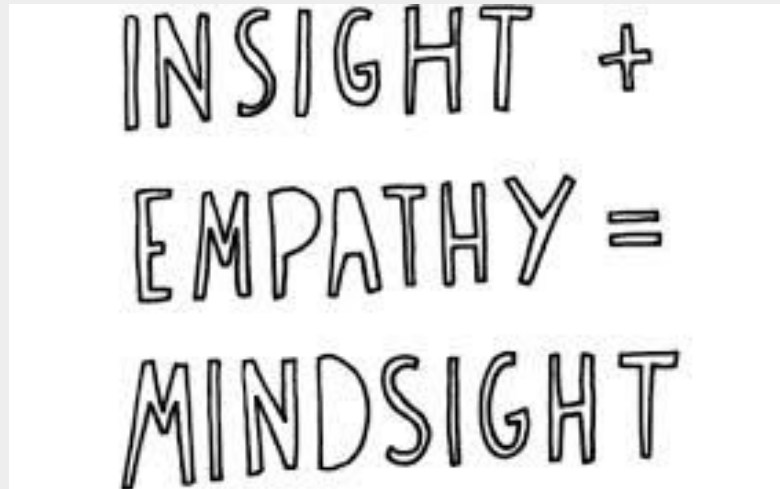


THE **S.I.F.T**
TECHNIQUE
for INTENSE
EMOTIONS



Type of Integration: Integrating the Many Parts of Myself

#10: Exercise mindsight: Mindsight practices teach children to calm themselves and focus their attention where they want.



INSIGHT +
EMPATHY =
MINDSIGHT



Type of Integration: Integrating Self and Others

#11: Increase the family fun factor: Build fun into the family, so that your kids enjoy positive and satisfying experiences with the people they're with the most.



Type of Integration: Integrating Self and Others

#12: Connect through conflict:
Rather than an obstacle to avoid, view conflict as an opportunity to teach your kids essential relationship skills.





Questions... ?

Thank you for coming!

We will begin discussing
the powers of Conscious
Discipline in January