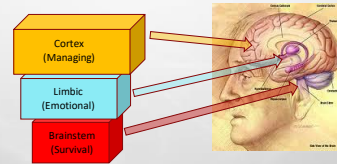


# Neuroscience - Learning to Stay Calm

Timara Boys High  
29<sup>th</sup> May 2017

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## INTRODUCING THE BRAIN



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## ATTUNEMENT

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## THE ROLE OF THE MANAGING BRAIN



Over-ride Impulsive / Irrational Behaviour

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## ACTIVATING STRESS RESPONSE



It happens to all of us...

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## LEARNING = CONNECTING CELLS

- MODEL (EXPLAIN)
- DO
- REINFORCE

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## How to Keep The Survival Brain Calm...

Some See me....  
 Boys Show me I Belong....  
 Hate Tell me what is Happening  
 Carrots Give me some Control

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MORE CONTROL | LESS IMPULSE

## ADOLESCENT DEVELOPMENT

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MORE CONTROL | LESS IMPULSE

- **SURVIVAL**
- **PROCREATION**
- **PROTECTION**



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MORE CONTROL | LESS IMPULSE

**Adolescence is a transition....**



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MORE CONTROL | LESS IMPULSE

## LEARNING TO CALM

- **IN THE MOMENT**
- **PRACTICE [ZONE]**
- **SOMATOSENSORY**

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MORE CONTROL | LESS IMPULSE

**ENGAGE**   
MORE CONTROL | LESS IMPULSE



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