



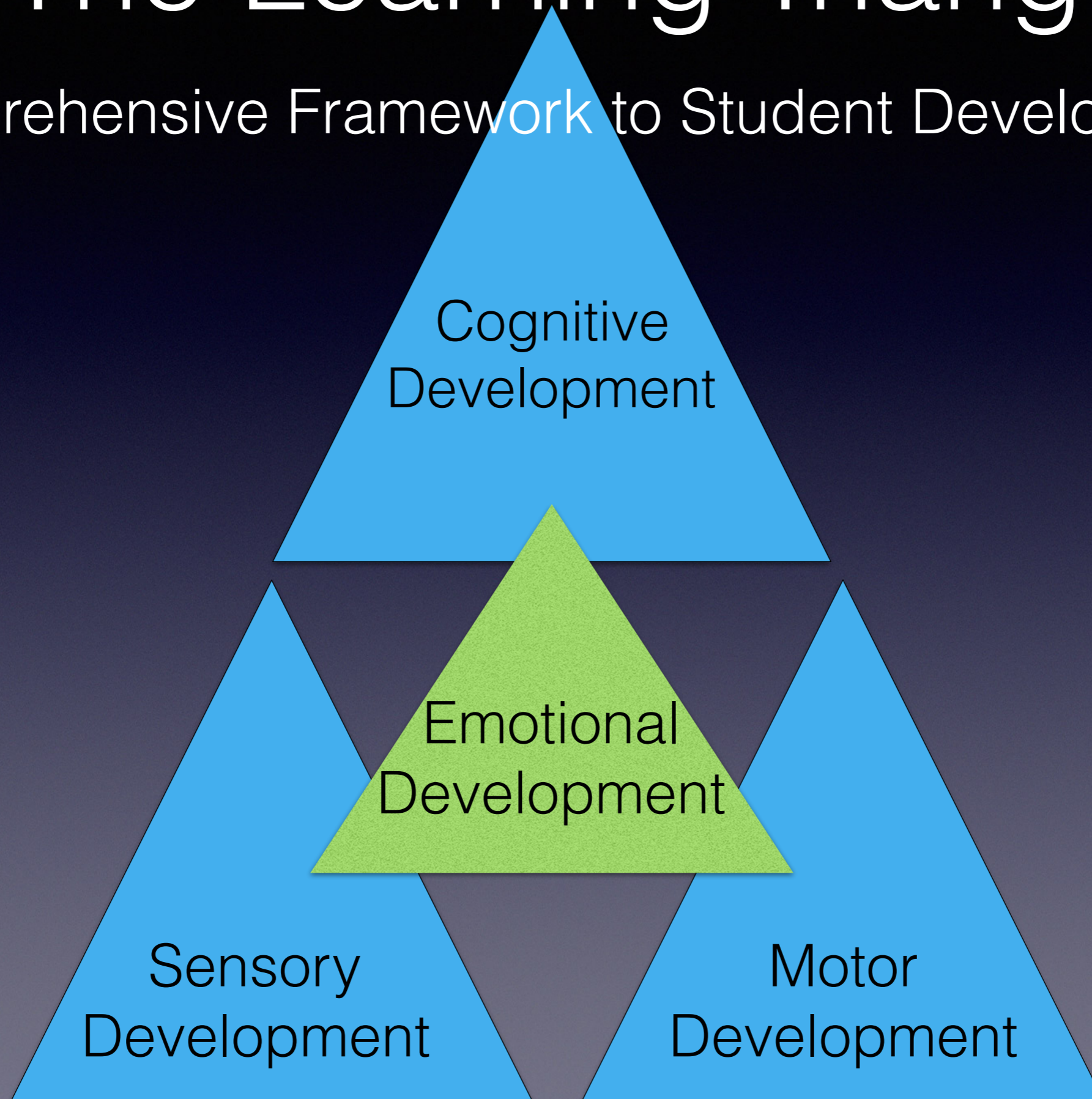
The Brain Under Construction

Isaiah 43:19

*Behold, I am doing a new thing;
now it springs forth,
do you not perceive it?
I will make a way in the wilderness
and rivers in the desert.*

The Learning Triangle

Comprehensive Framework to Student Development



10

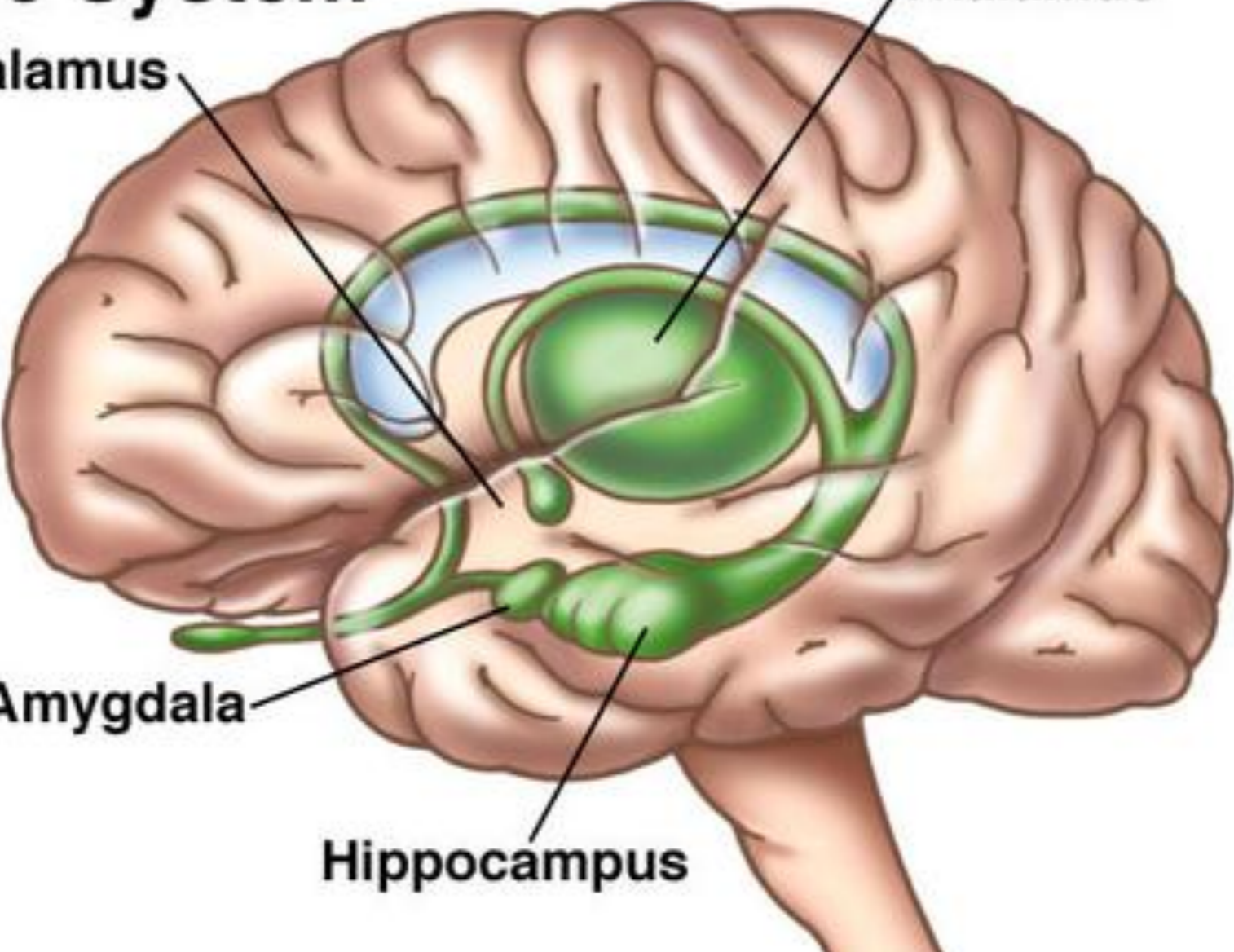
Limbic System

Hypothalamus

Thalamus

Amygdala

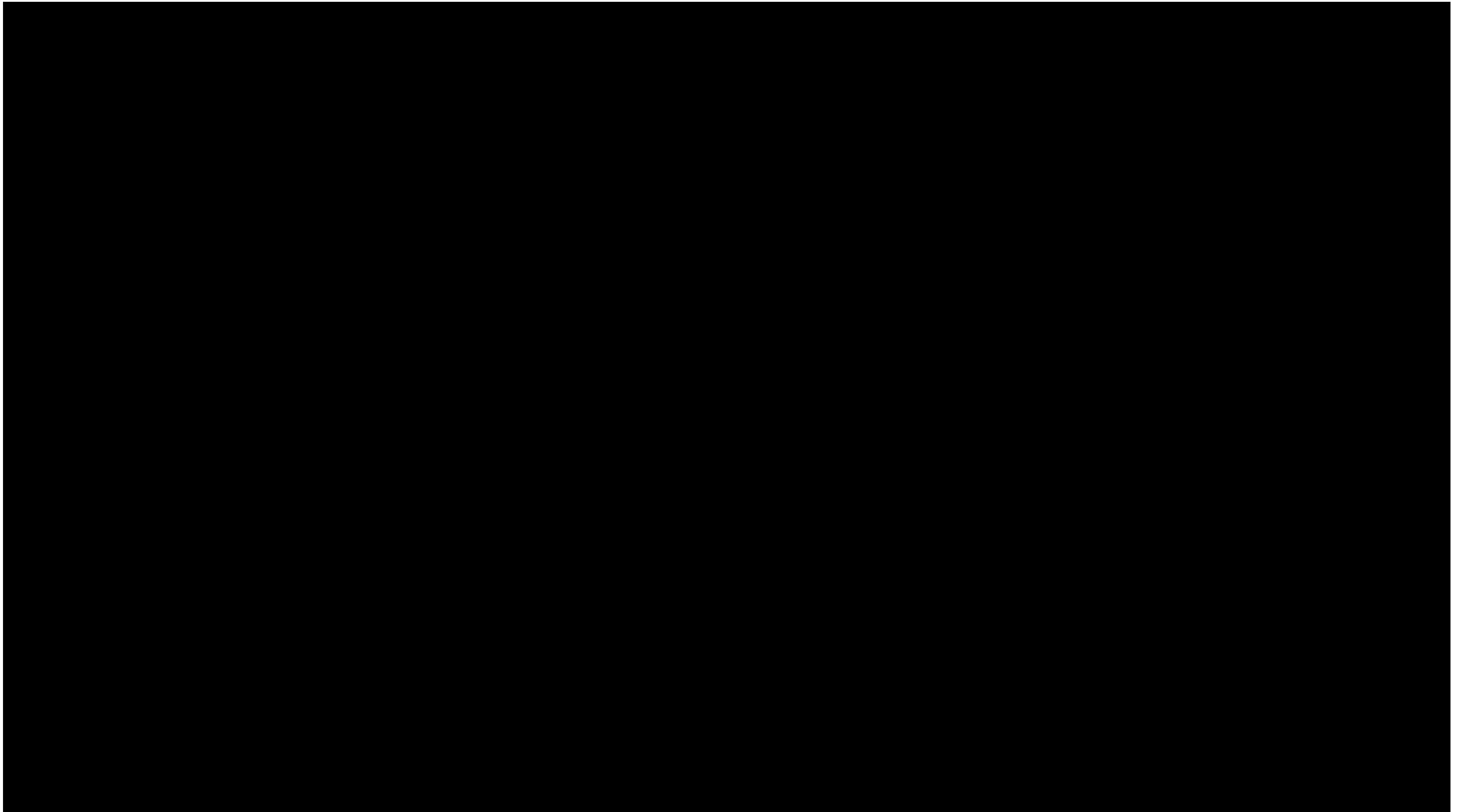
Hippocampus



Social
Emotional
Development



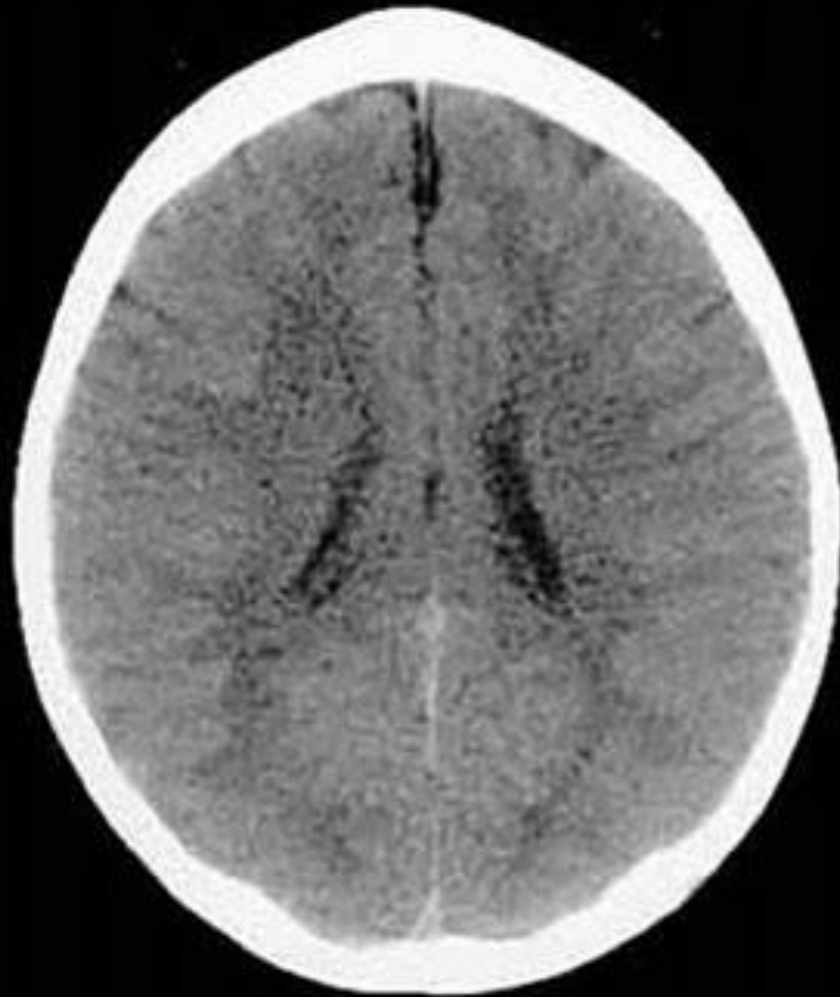
So, what happens
when emotional attachment
is not developed?



What is trauma?



3 Year Old Children



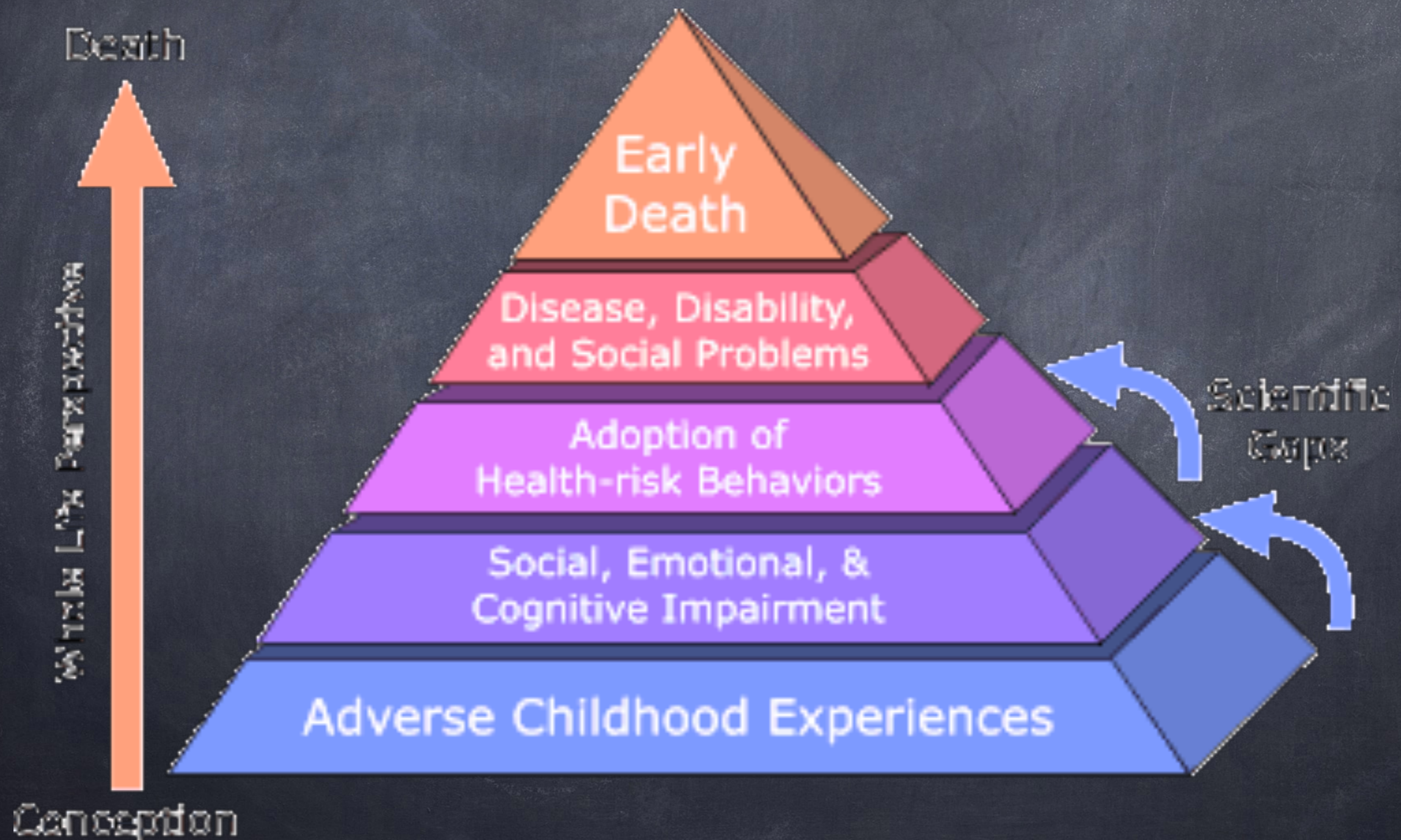
Normal



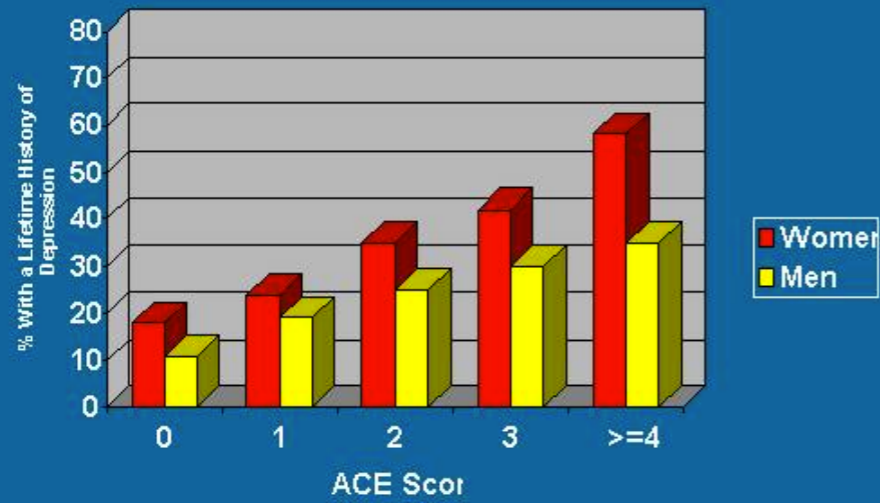
Extreme Neglect

ADVERSE CHILDHOOD EXPERIENCE STUDY

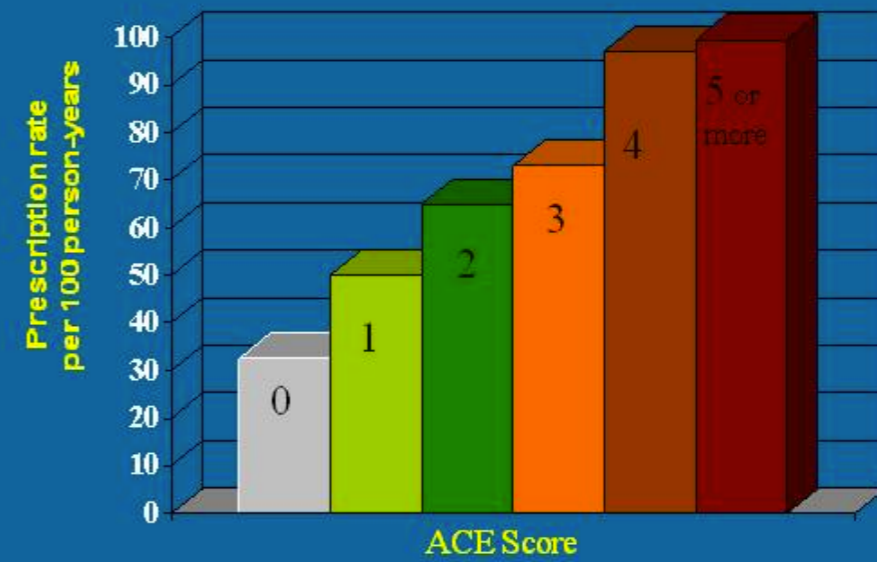
ACE STUDY



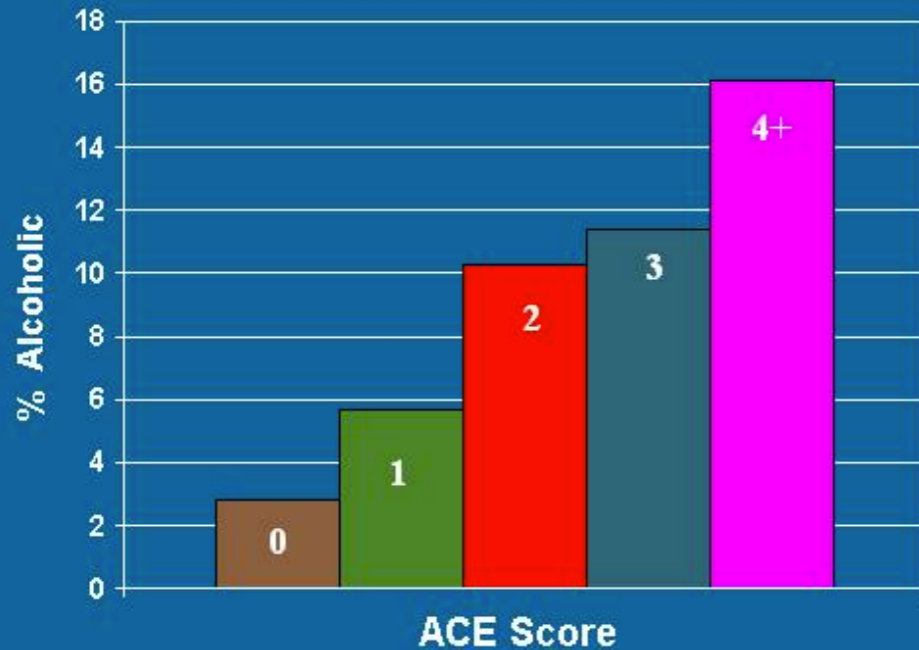
Childhood Experiences Underlie Chronic Depression



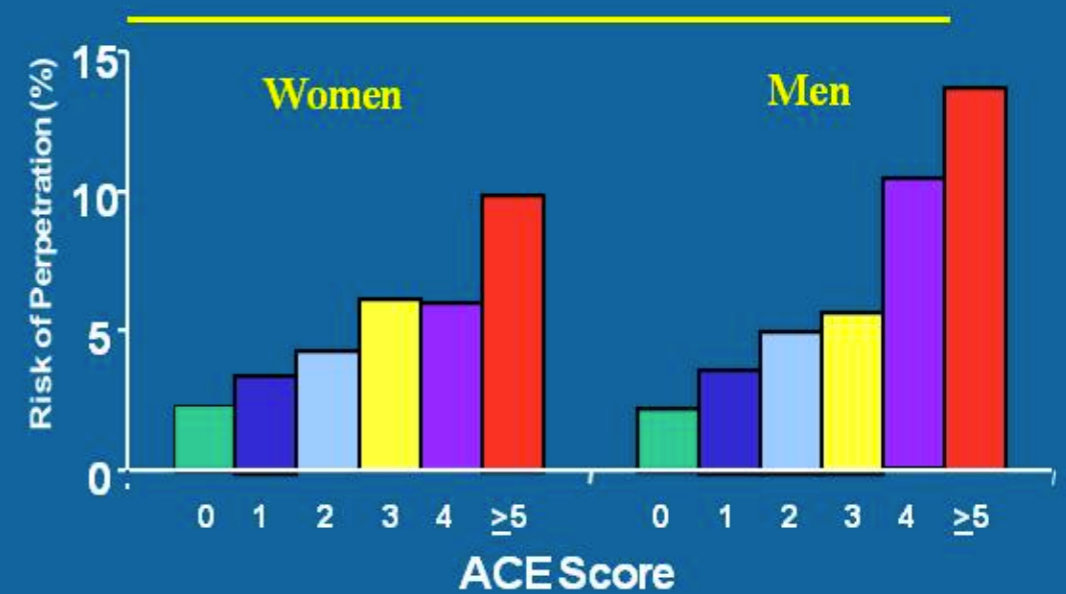
ACE Score and Rates of Antidepressant Prescriptions approximately 50 years later



Childhood Experiences vs. Adult Alcoholism

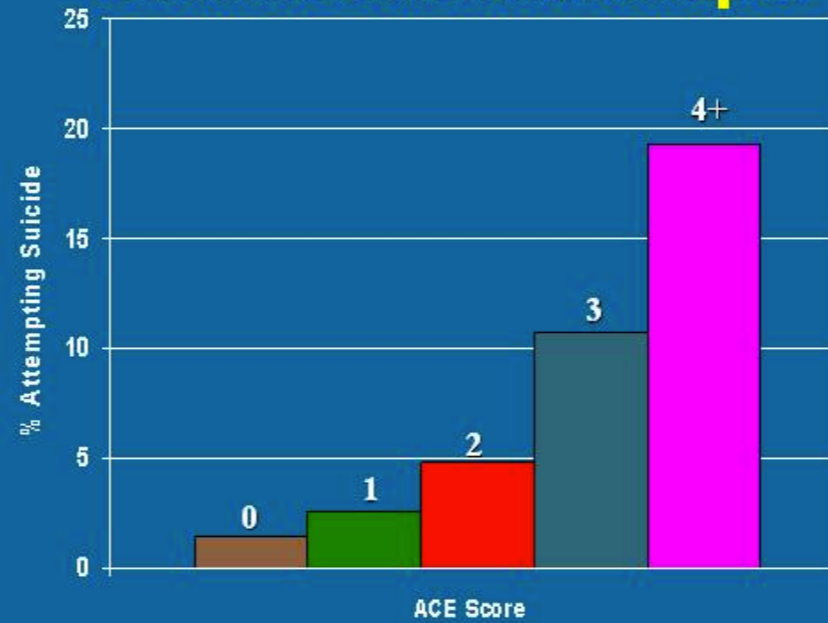


ACE Score and the Risk of Perpetrating Domestic Violence



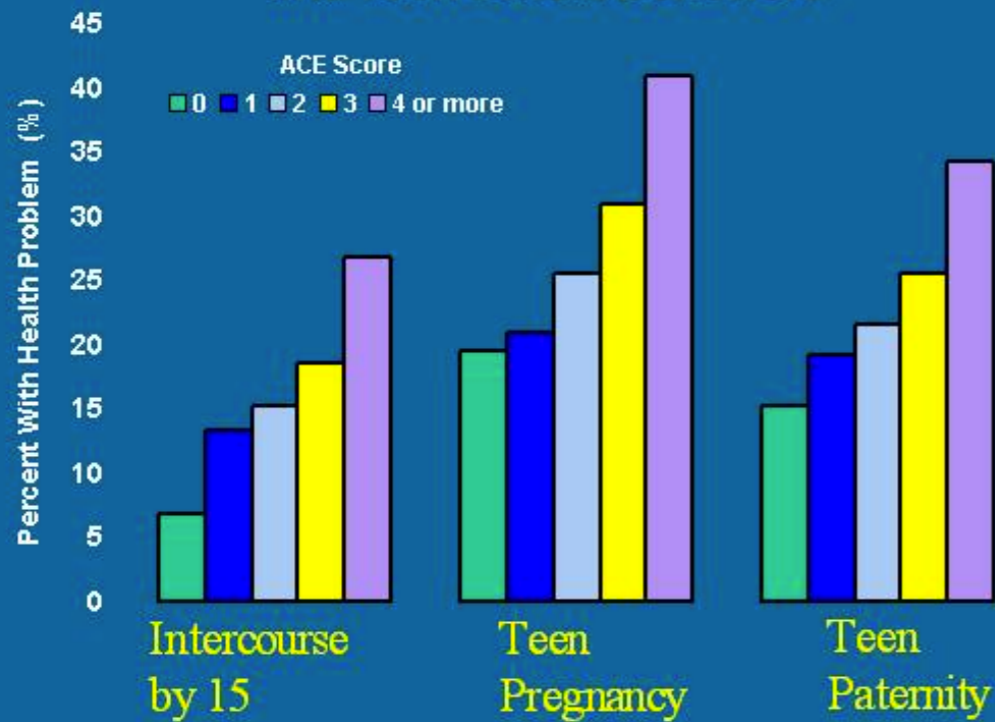
Mental Health

Childhood Experiences Underlie Suicide Attempts



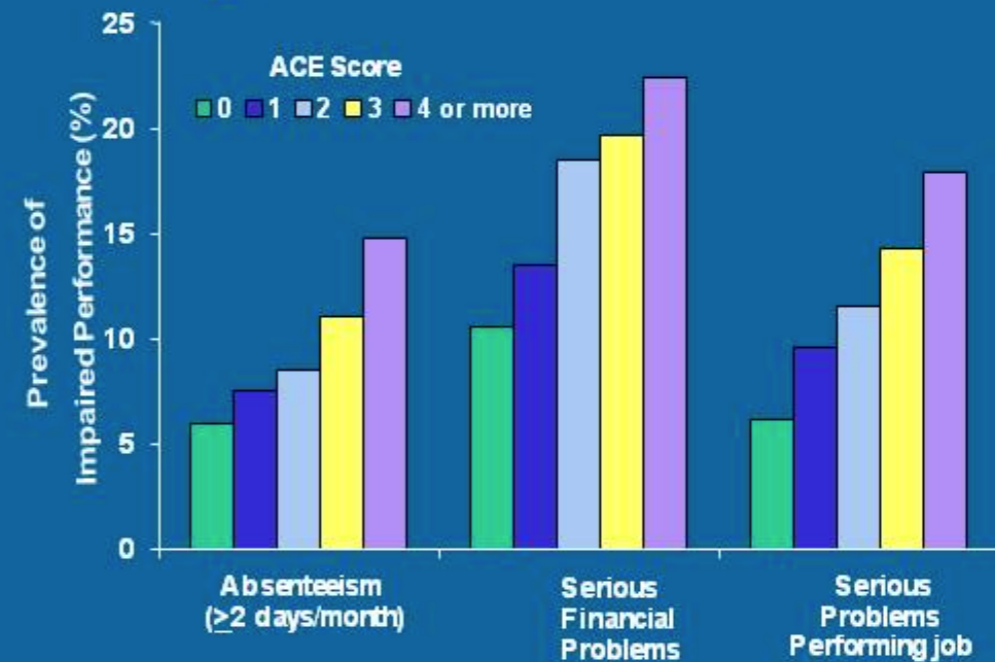
Social function

ACE Score and Teen Sexual Behaviors



Social function

ACE Score and Indicators of Impaired Worker Performance



Steps to understanding our children begin with understanding ourselves.

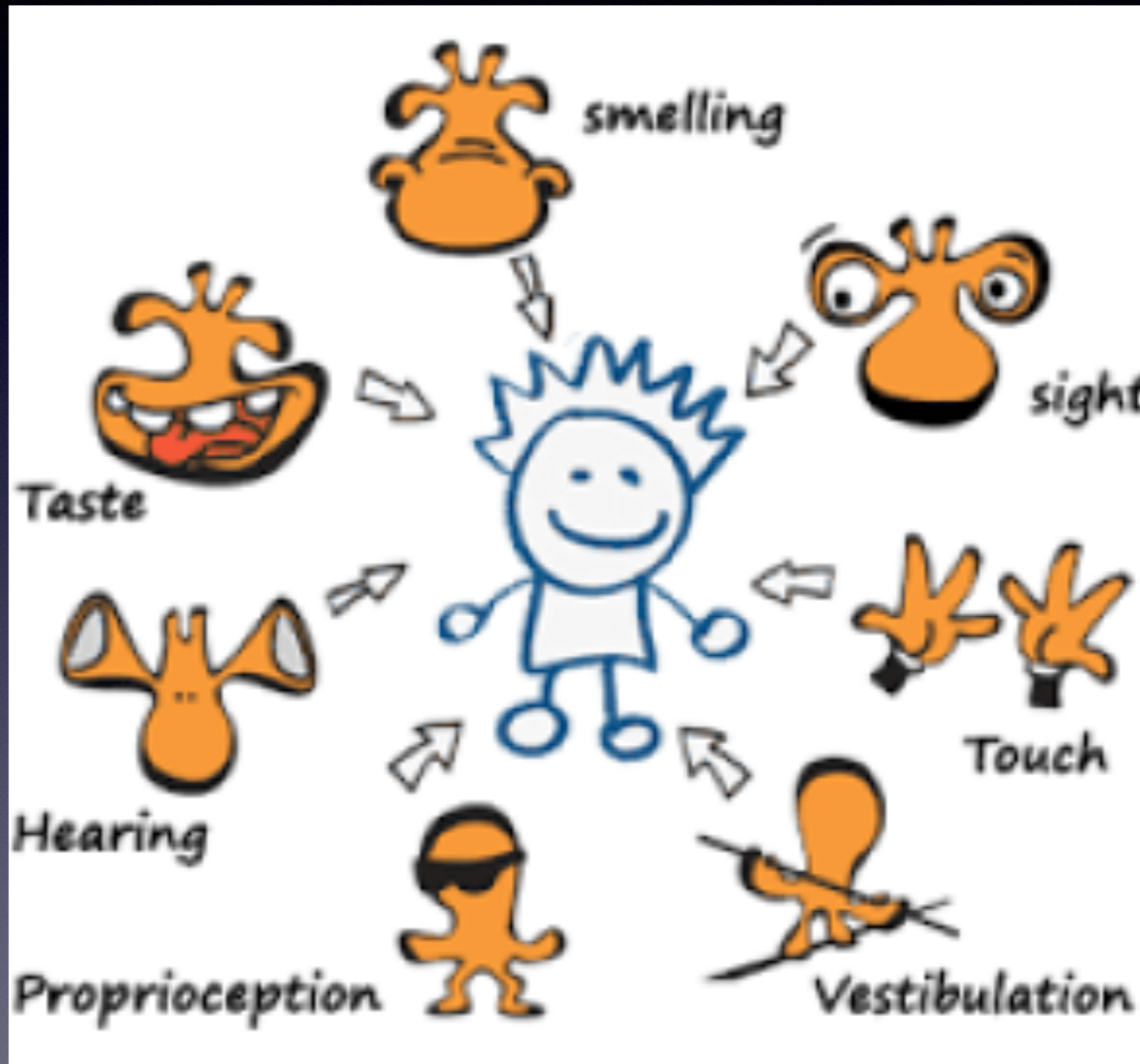
“I tell my patients that one of the most important questions they can reface on is the following:
How well am I paying attention to what I am paying attention to?”

“Attention can be considered the ignition key of the mind.”

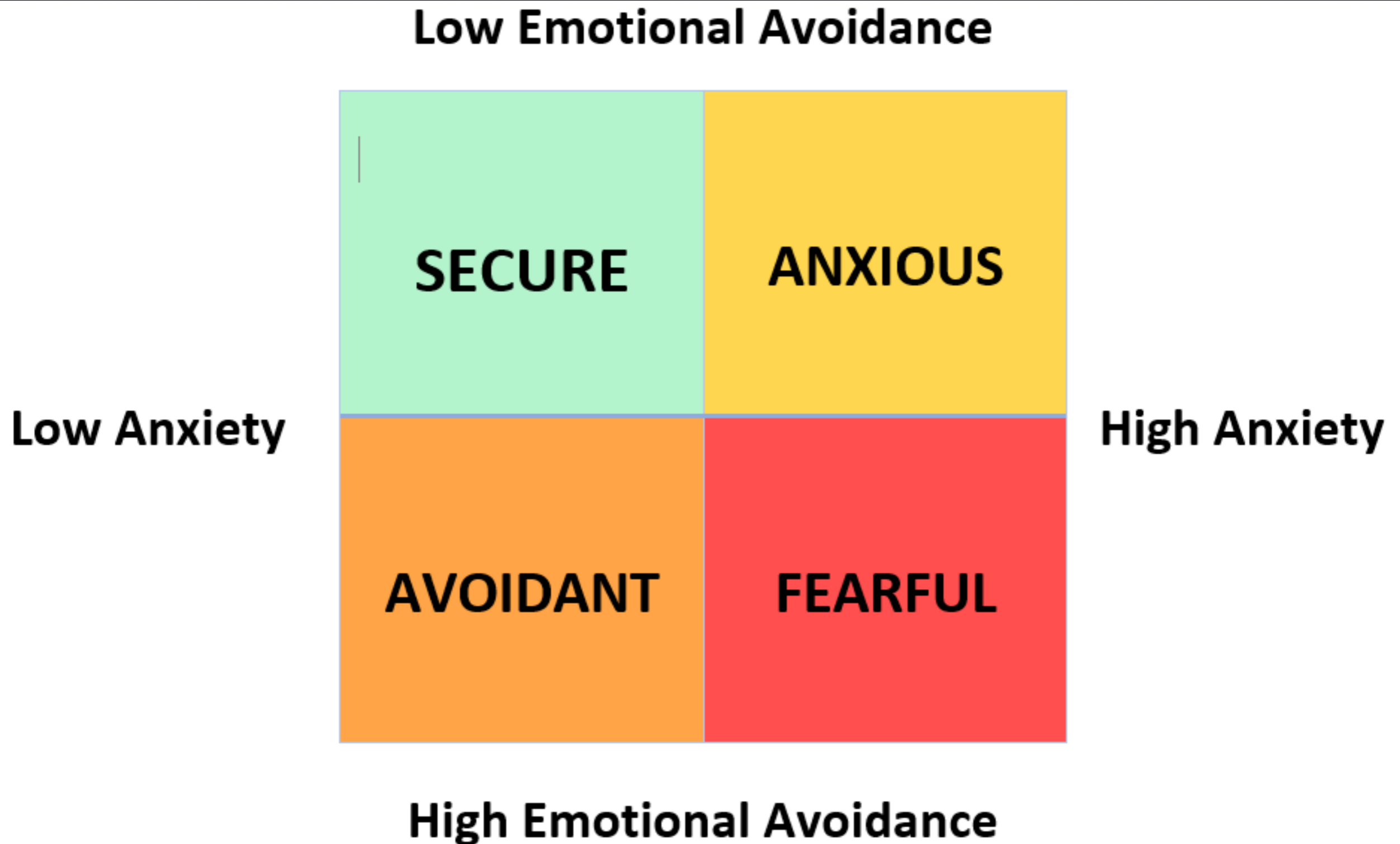
“In other words, even though you cannot change the events of your story, you can change the way you experience your story.”

“The Anatomy of the Soul” Dr. Curt Thompson

Know Your Sensory Preferences.....



Know Your Attachment Styles....



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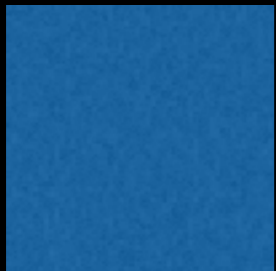
THE
ZONES OF
REGULATION®

**A FRAMEWORK TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL
CREATED BY LEAH KUYPERS**

What **Z**one Are You In?

I am feeling.....

Blue Zone



- Sick
- Tired
- Bored
- Slow-Moving

Green Zone



- happy
- okay
- focused
- calm
- ready to learn

Yellow Zone



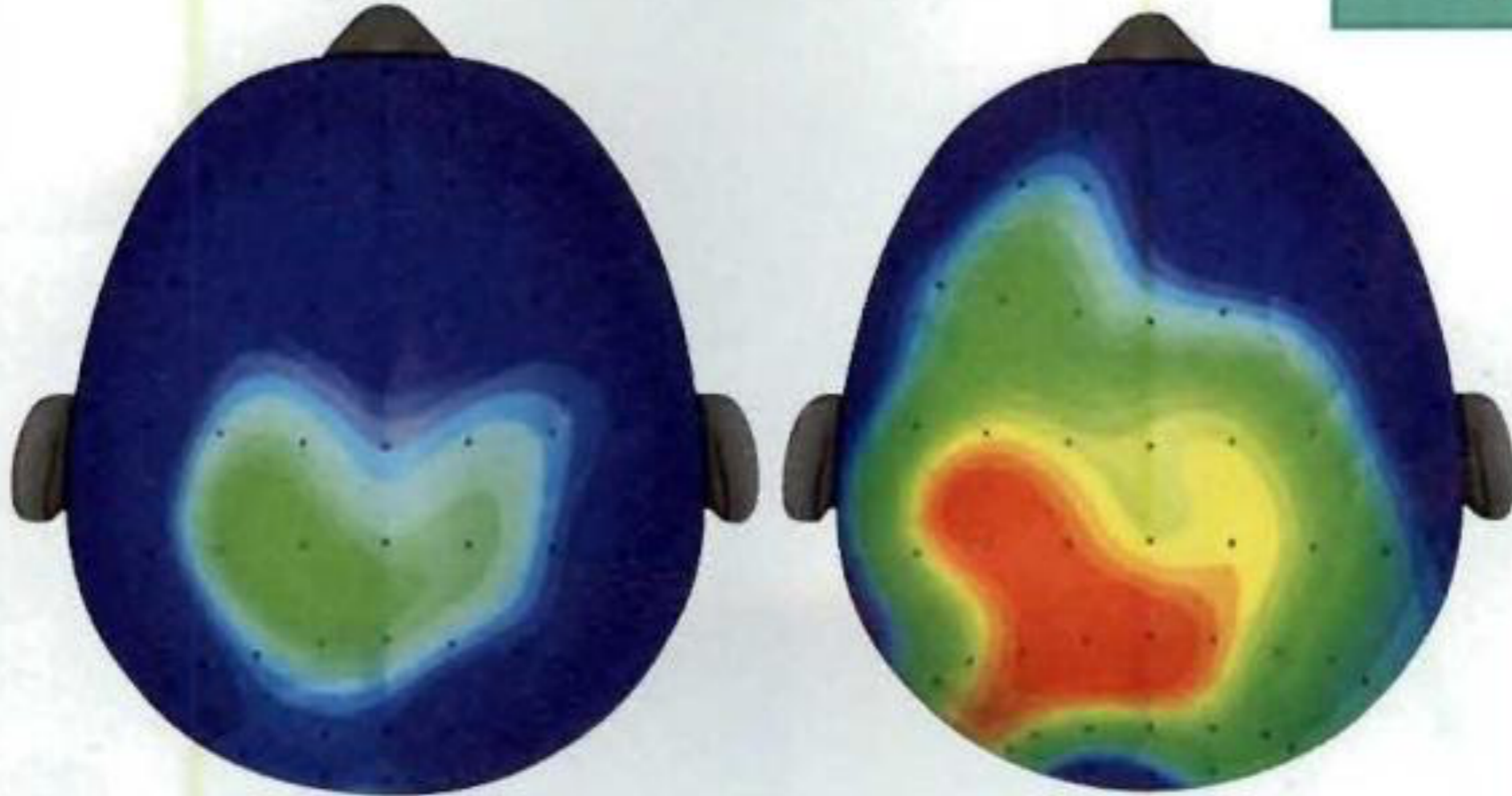
- frustrated
- worried
- silly/wiggly
- excited
- a little out of control

Red Zone



- mad
- mean
- scared
- yelling/hitting
- out of control

LOOK! EXERCISE REVS YOUR HEAD



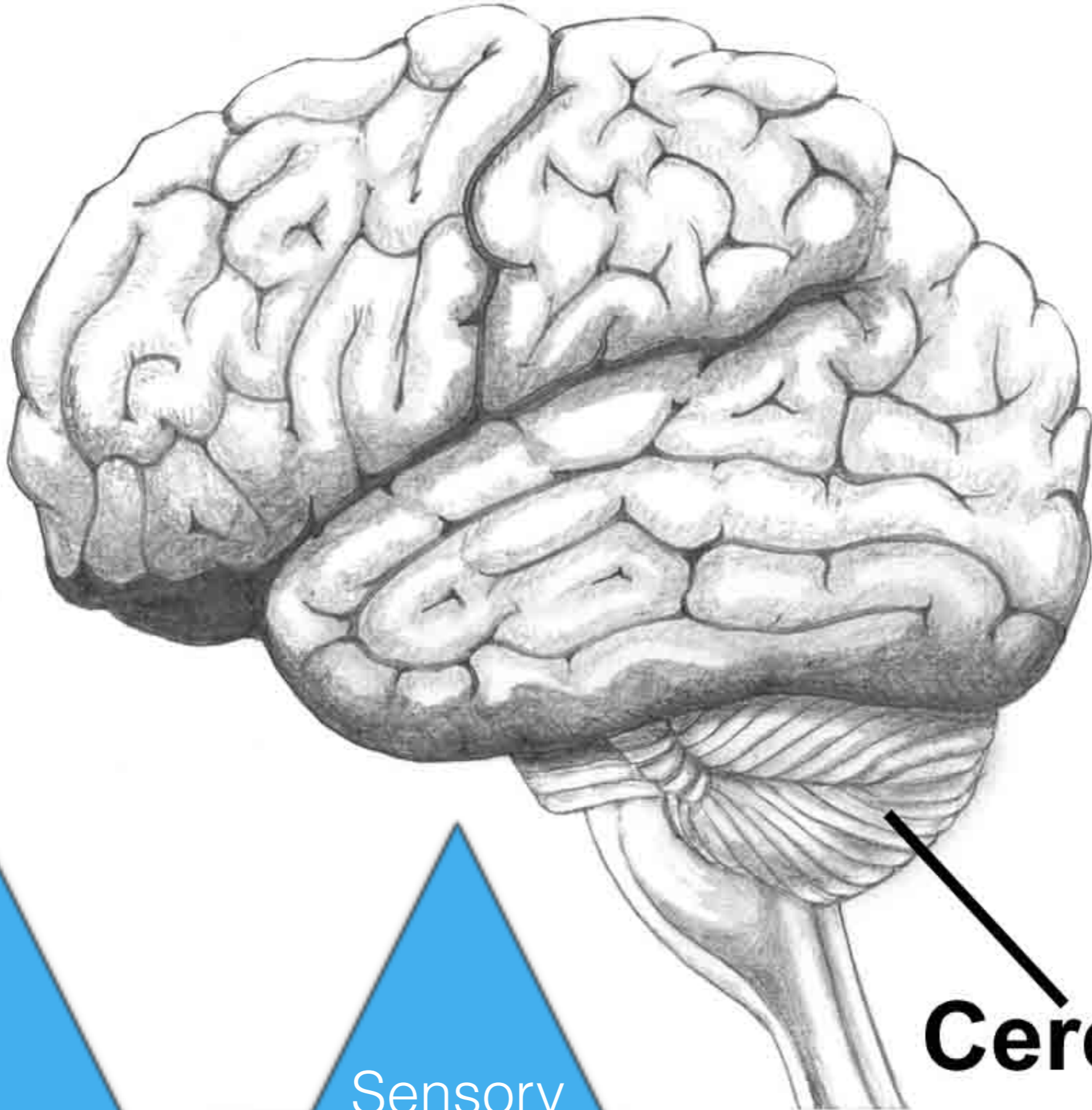
The brain at rest

An EEG image of neuroelectrical brain activity after 20 minutes of sitting. The blue area suggests a dip in neural resources devoted to focus.

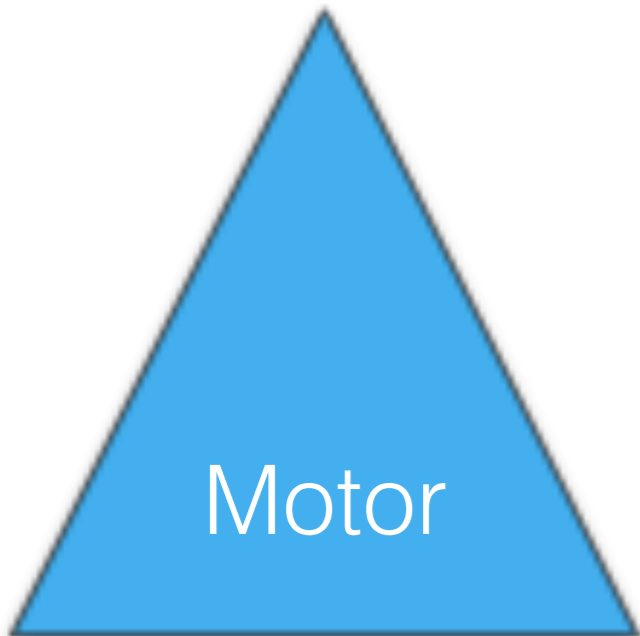
And after a walk

The same brain shows more red after 20 minutes of hoofing it, indicating heightened attention and faster information processing.

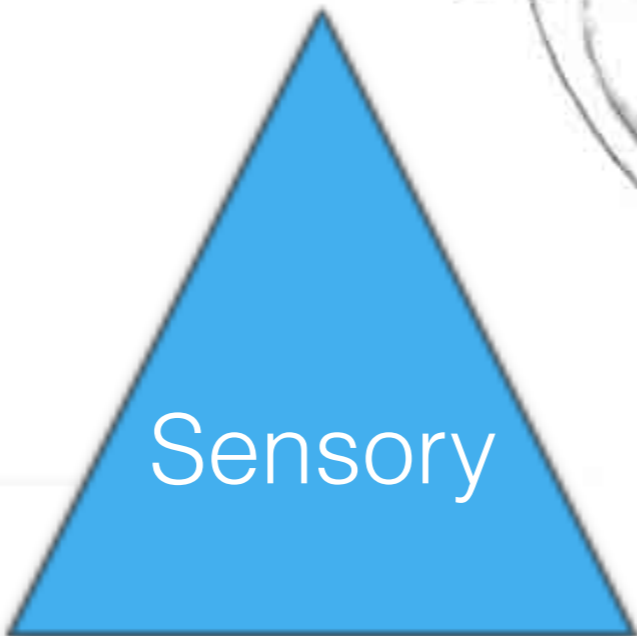
Source: The University of Illinois in Urbana-Champaign



Cerebellum



Motor



Sensory