

Social-Emotional Learning at Wells Road

ALL STUDENTS (358) - Tier 1 - Second Step Curriculum and Minute Meetings

57 students currently receiving Tier 2 or Tier 3 social-emotional support

- IEP, 504 Accommodation Plan, referred by SRBI team

Individual or group

Targeting: social skills, coping strategies, executive functioning/school skills

ZONES of Regulation

Tap Out!

Which ZONE are you in now?

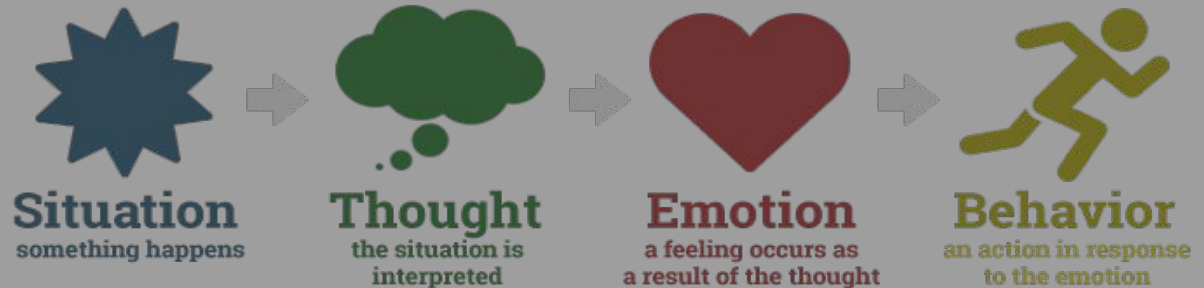
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to go Focused Ready to learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of control I need time and space

Brain Talk - explaining it to the adults

- Research supported
- Metacognition - thinking about your thinking and emotional state well enough to figure out what is going on internally
- Self-regulation - regulation of your thought/attention, emotional responses, actions, and motivation in order to behave in an expected way for the given situation. Inherently tied to executive functioning.
- Explaining to children how their brains work

What this looks like in explaining it to kids...

- Your brain controls your thoughts, feelings, behaviors
- Thoughts - can be automatic
- Triggers
- 2 types of feelings - gentle and strong
- Doer vs. Decider



The AMYGDALA - The brain's alarm system

- The amygdala is REALLY helpful in keeping us safe. It helps our body react quickly to get us out of harm's way - Caveman days



BUT, that's not what's going in school

So, most of the time when the amygdala is triggered in school, it's a FALSE ALARM

When you are having strong feelings, what is your go-to reaction?

Fight



Flight



Freeze



The basal structures of the brain

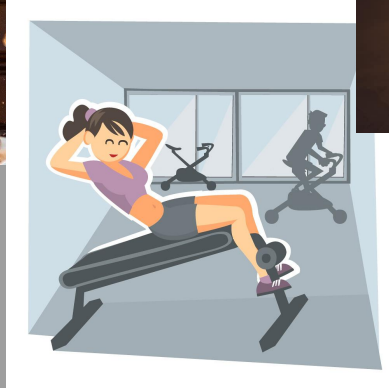
Pleasure and reward circuit of the brain

Opportunity seeking

Explain it to kids - this portion of the brain is always looking for something
AWESOME!

...but it doesn't consider the consequences :(

Dr. Mac's AWESOME things



How AWESOME is it?

Super Awesome --->

Really Awesome --->

Kind of Awesome --->

Not Awesome --->

The higher up on your “awesome” scale something is, the harder it is to resist it...even when the time is not right



We can anticipate these. They often have a pattern.

Brains that are low in dopamine are more likely to react impulsively to *any* situation. Brains that are rich in dopamine are more likely triggered by truly AWESOME opportunities.

These are dopamine builders



1. Try something new.
2. Make a list of small tasks and complete them.
3. Listen to music you enjoy.
4. Exercise regularly.
5. Meditate and do yoga.
6. Eat a balanced diet with lots of protein
7. Get enough sleep
8. Get some sunlight every day
9. Drink enough water

Argh...think of New England winters...

This is called the
IMPULSE AISLE in
a grocery store for
a reason --->



Any questions for the Brain Talk experts?

Meet 3 of my amazing students :)