Stronger Together Newsletter

A Confident ME
EMPOWERING LIVES

Dear Caregivers

This week your child has been learning about the 3-part brain. A diagram of this will be coming home with brain facts to share. Learning how our inner chimp brain can hold us back by being over protective is key to our understanding of how to become our best self.

Workshop Two.
Understanding My Brain. Finding the Calm Within.





Brain Box

Please share the Three Part Brain handout that your child has brought home.
The more WE understand, the better we will be at helping our children to understand what is happening inside the brain. Only then will we become better at managing our emotions and behaviours.



Try it, Teach it

Your child will be bringing home a calming bottle. Encourage your child to use their breathing techniques alongside the jar. Try not to think of this as something to use when your child has already become frustrated, anxious or upset. It needs plenty of practise when the mind is already calm. Try and make it a daily routine. First thing in a morning, just before bed or at the dinner table after eating.

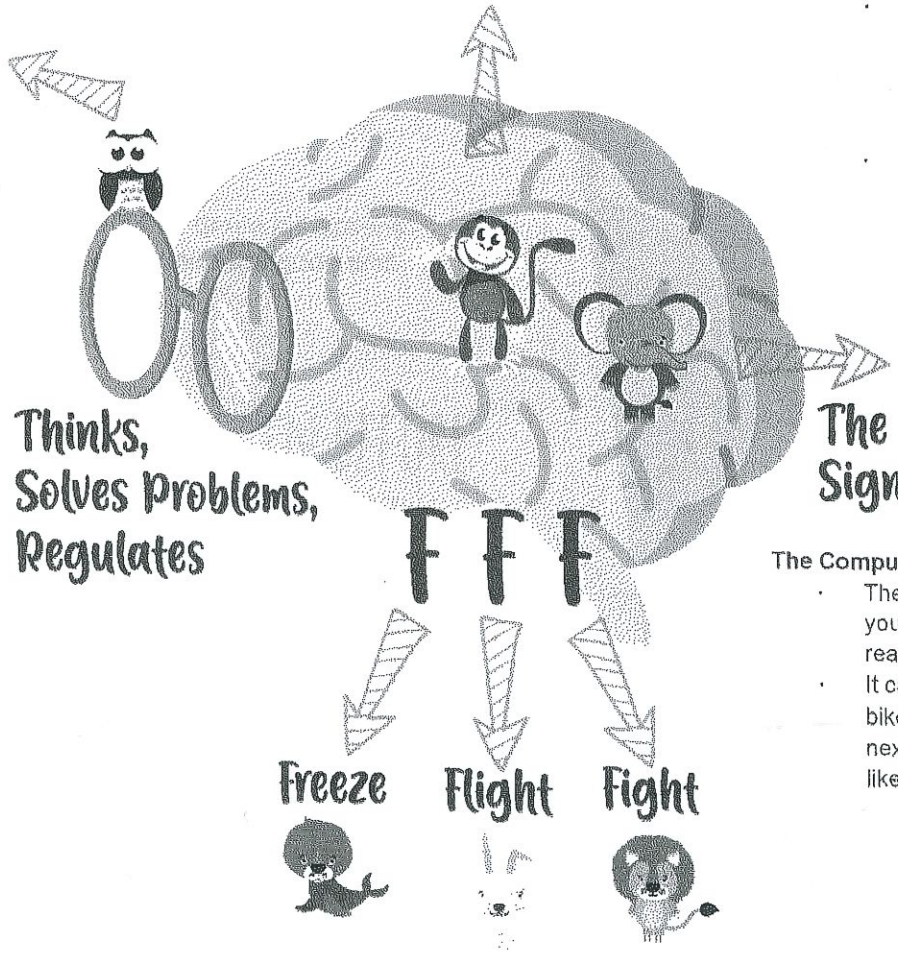
- Ask your child to explain what the calm bottle represents.
- Notice when your child is being 'taken over' by their inner chimp, simply point this out. "I can see you are getting upset/frustrated/angry, do you feel like you are in charge, or has your chimp taken over? The trick is to try to 'catch it' and pause before your child goes into 'meltdown' (this takes practise).
- Ask your child if they would like to give their chimp a name.

The Three Part Brain handout

The Amygdala - The Centre Of Our Primoridial Emotions: Anger, Fear, Disgust, Panic

Thinking Brain (Owl) Your Pre-frontal Cortex

- This part of the brain makes decisions that are based on facts. It is good at problem solving and is able to balance our emotions so that they don't take over.
- It helps us to be the best that we can be in any situation.
- When we are in fight, flight or freeze this part of our brain disconnects and this is why we often react irrationally without thought to situations we don't like. For example shouting or giving up.,
- We ALL have it within us to reconnect this part of the brain so we can make appropriate decisions and take control of our responses.



The Chimp (Monkey) Your Amagadala

- The chimp's job is to keep you safe. It is constantly on the lookout for danger. It will send you into fight, flight o freeze at any given moment given half the chance.
- Fight, flight and freeze are our bodies innate responses to what it interprets as potential threats, these are evolutionary from cave man days.
- When your body is in fight or flight your brain sends all i energy to your muscles to get it ready to fight or run fro that sabor-toothed tiger!
- This can feel like your heart is racing, hands sweating, tension in your muscles and physically shaking. In freez your bodies response to the supposed threat overwhelr you and disables you, this can also cause stomach cramps.
- Your Chimp will interpret any negative thought as poten danger and set your bodies alarm system off. Whether this is linked to sitting a maths test, going on a roller coaster or stepping in front of a bus!

The Hippocampus - Store Emotiona Significant Events

The Computer (Elephant) - Your Hippocampus

- The computer stores everything we tell it. If you say to your you are stupid at maths enough times, it stores that informa ready to retrieve it for when you are in your next maths less
- It can work to our advantage too, once we have learnt to rid bike it gets programmed in the computer to use this informa next time you get on your bike. It also means we can do thir like answer 2+2 without actually counting.

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PRINT ME OUT..

Creative Calm Continued...

Calm Bottle Labels

My Calm Bottle Give me a shake, when you need to take a break! Breathe in and out slowly as you watch the glitter settle.	**My Calm Bottle** Give me a shake, when you need to take a break! Breathe in and out slowly as you watch the glitter settle.	**My Calm Bottle** Give me a shake, when you need to take a break! Breathe in and out slowly as you watch the glitter settle.	**My Calm Bottle** Give me a shake, when you need to take a break! Breathe in and out slowly as you watch the glitter settle.	**My Calm Bottle** Give me a shake, when you need to take a break! Breathe in and out slowly as you watch the glitter settle.
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