THE BRAIN & OUR EMOTIONS

FACTS ABOUT THE BRAIN



- The male brain isn't fully developed until 25-27 years old.
- The female brain isn't fully developed until 21-23 years old.

WINDOW OF TOLERANCE

Hyperarousal Overactive and can't calm down

Window of Tolerance

Optimal state of being

Hypoarousal

Lethargic and unmotivated

What to do if student <u>is experiencing</u> hyperarousal?

Get them back down to the window of tolerance with MINDFULNESS **ACTIVITIES**

What to do if a student is experiencing hypoarousal?

Get them back up to the window of tolerance with **BRAIN BREAKS**

HAND MODEL OF THE BRAIN

Flipping Your Lid Intense **Feelings Upstairs** Brain Downstairs Brain

Making Better Choices

Using your upstairs brain to calm your intense feelings.



Image created by the Restorative Group referencing Dr. Dan Siegel's Hand Model of the Brain.

