

# 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



What to do if student is experiencing hyperarousal?

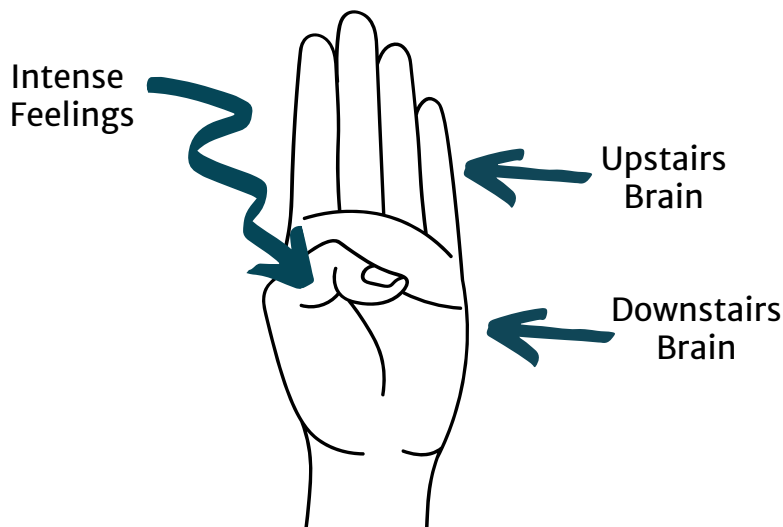
Get them back down to the window of tolerance with MINDFULNESS ACTIVITIES

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



### 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.