




MODULE #1 OUR BRAIN AND LEARNING

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<p>Key Understanding</p> 	<p>The major learning from this module: Too much stress can “hijack” the executive center of the brain, making learning and emotional regulation more difficult. Too little stress robs the brain of practice handling challenge and setbacks.</p> <p>A resource to go deeper: Harvard Center on the Developing Child – A Guide to Executive Function.</p> <p><i>What this means to me: / Now that I know this I must:</i></p>
<p>Action to Take</p> 	<p>If I have 5 minutes I can: Notice how my body responds to stress. What do I feel? Where?</p> <p>If I have 15 minutes I can: Practice strategies to get back to calm. What works?</p> <p>If I have an hour I can: Plan a lesson to teach my students about how their brains respond to stress.</p>
<p>Regular Practices to Transform Culture</p> 	<p>If I am ready to transform the culture I can:</p> <p>Work to implement district-wide trauma-informed and healing-centered practices so that all students experience safe and affirming environments that unleash learning.</p>