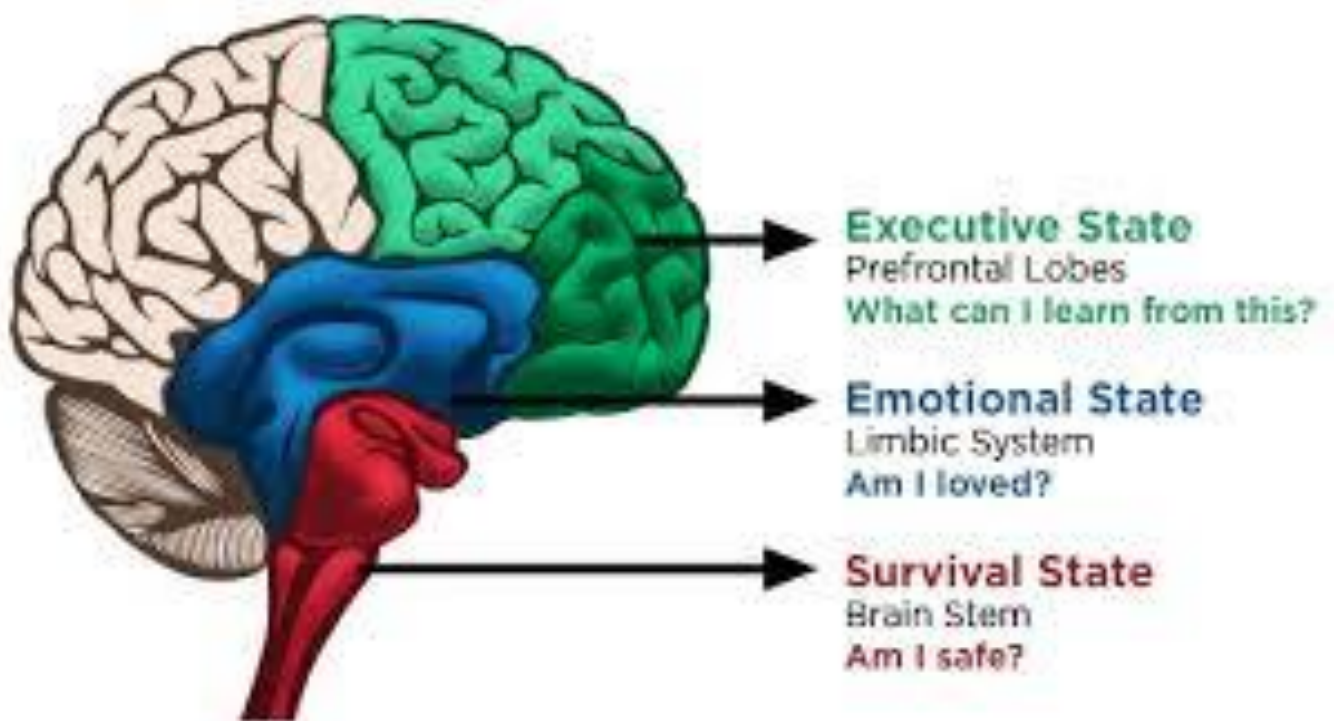


WHAT'S UP?

Connecting brain development to executive functioning, toxic stress and approaches to learning

CYY 2020

Facilitated by Sheila Lewis and Janis Smalley

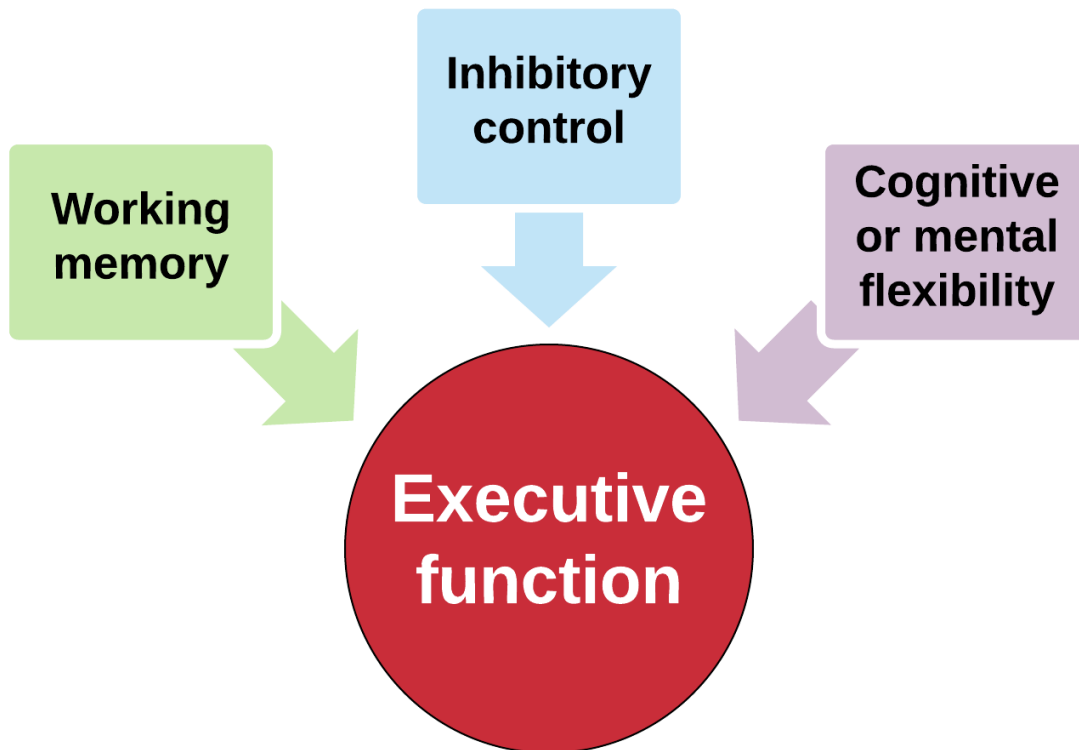


Credit: Conscious Discipline



CREDIT: [HTTP://COGX.INFO](http://COGX.INFO) (DR. BROWN)

- ORGANIZE, PRIORITIZE, ACTIVATE WORK
- MONITOR AND SELF-REGULATE ACTIONS
- UTILIZE WORKING MEMORY & SHORT TERM RECALL
- MANAGE FRUSTRATIONS AND MODULATE EMOTIONS
- REGULATE ALERTNESS, SUSTAIN EFFORT AND SPEED
- FOCUS, SUSTAIN AND ABILITY TO SHIFT TASK ATTENTION



Positive

Brief increases in heart rate,
mild elevations in stress hormone levels.

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships.

Toxic

Prolonged activation of stress response systems
in the absence of protective relationships.

Approaches To Learning

Helping your child...

To Begin

Initiative and
Exploration

To Stay In

Attentiveness
and Persistence

To Dig

Deeper

Imagination,
Creativity, and
Flexibility