



GETTING TO KNOW OUR AMAZING BRAIN

Explore emotions and feelings to build emotional intelligence:

Discuss feelings with your child. When your child has been overwhelmed with emotions (an amygdala hijack) discuss how they felt and explain what's happening in their brain. When your child is calm, focused, happy or enjoying a quiet moment with you, explore and discuss their emotions and feelings linked to these experiences. This also helps to extend their emotional vocabulary.

Bring emotional understanding alive through books/reading together:

Use opportunities when you're reading books together to consider how characters might be feeling, what emotions they're experiencing. Also, discuss what part of the character's brain might be in control in different parts of the story, consider the choices that they make and how they might reflect on those choices, make changes to situations etc.

Make a calm down glitter bottle:

Use an empty plastic bottle and fill with water. Add a teaspoon of glitter glue and a few teaspoons of biodegradable glitter. Firmly secure the lid. Use the bottle to explain the brain as follows:

Shake the bottle and discuss how hard it is to see clearly through the bottle when the glitter is flying around.

Compare this to when the amygdala is in charge and it's hard to think clearly and make good decisions.

Explain that when the glitter settles it's like the amygdala calming down so clear decisions can be made from the prefrontal cortex.