Behavior Specialist

# Menu

## Educational neuroscience/Focused attention practices

Explore how trauma effects the nervous system and developing brains along with educator brains. Learn activities that help regulate the nervous system and apply the vagal brake so we can return to homeostasis.

## R.e.c.a.s.t

Relationships, Emotion, Culture, Attention, Sensation, Tasks. Template for staff to explore options and experiences that support the emotional, social and cognitive needs of the student.

## Yoga

Learn the benefits of yoga and how to practice trauma informed yoga for yourself and as a daily practice for students in the classroom.

## awareness practice for teachers

Trauma-informed mindfulness and mindful movement practices that will support your mental and physical heath

## nonviolent communication

A method of communication that increases empathy and connection with others

## Hand Model/Zones of Regulation/Engine program

Teaching children about their brain and body empowers children and increases resilience. These are great additions to a classroom social emotional environment

## Babydoll circle time

As children play with their dolls, they relive and strengthen the attachment and connection that they had with their caregivers and parents. This continues to strengthen neuropathways of healthy attachment and attunement necessary for brain development

Polyvagal Theory

Learn how to become aware of your own brain state and build resilience to remain the awesome human you are