



Issue 54

BrainWise Online Delivery and Support

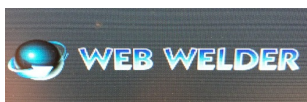
A heartfelt hello during these unsettled and unpredictable times! The end to the pandemic is not happening soon and you may be preparing to teach in flipped, blended, and online classes or using a combination of these approaches. The use of virtual classrooms, once the exception, is now becoming the norm. The following news from BrainWise updates what we are doing to help you teach the 10 Wise Ways during these times.

Instructors are teaching lessons online using Zoom and other teaching platforms. Past newsletters have provided electronic worksheets, practice activities for all age groups, and testimonials from a range of BrainWise instructors (follow the links to BW Newsletter issues [47](#), [48](#), [49](#), [50](#), [51](#), [52](#), [53](#).)

If you own a BrainWise curriculum, you have free access to the online worksheets. Please request access to these worksheets by contacting us at: info@brainwise-plc.org.



BrainWise graduate Tiffany Tate Aragon (1999, Sheridan High School, CO), an IT expert and Vice President of Web Welder, is building a BrainWise Learning Management System (LMS.) Tiffany has come full circle. She not only is teaching the 10 Wise Ways to her young children; she is also our web master and champion to teach BrainWise to mothers.



**Tiffany Aragon, Vice
President, Web
Welder**

The LMS will allow

BrainWise to offer an online course successfully tested with teens (see pictures.) Instructors will be able to administer, document, track and report on each student's progress. The methodology identifies learning gaps and where the student needs more help.



**Dell Brooks Teaching Pilot
BrainWise Online Course**

A range of technological



**Master BrainWise Teacher Dell Brooks
and Students**

options is now available and Web Welder will build an LMS to host the BrainWise course, integrating some unique concepts to help students achieve mastery in the 10 Wise Ways. We hope to have the program available by early 2021. In the meantime, instructors are teaching Zoom classes and using BrainWise electronic worksheets.

Additionally, Lisa Sabey and her film company Parents-to Parents, are creating a series of short educational animations depicting the 10 Wise Ways. The shorts will reinforce the 10 Wise Ways for students familiar with BrainWise and introduce the program to those who are new to BrainWise.

As a side note, you may be interested in [research conducted by MIT](#) that compiled data from 6.9 million video-watching sessions of students, as well as interviews with teaching staff. The research found that maximum student engagement (100% completed) occurred with videos that were six minutes or shorter

In the BrainWise Zone, the last section of the BrainWise curriculum, emphasizes the importance of reinforcement and includes examples of using animations and movies featuring characters using, or not using, thinking skills. On the Internet and on YouTube are resources where you can find a trove of age appropriate animations and videos. The forthcoming BrainWise LMS will also have a clearing house of vetted examples you can use.

Covid-19 is not only taking toll on physical health, but also on mental health. The United States rate of anxiety tripled in the second quarter compared to the same quarter in 2019 (from 8.1% to 25.5%) and depression almost quadrupled (from 6.5% to 24.3%.)



The **Stop and Think hand brain** is a quick gesture that shifts impulsive reactions to thinking. When red flags are flying and emotions are rapidly rising, this simple gesture reminds students they have [tools](#) that will help them prevent and manage problems. They can change negative



thinking with positive self-talk, leave the situation, or do something that helps them refocus negative thoughts, including seeking help from their Constellation of Support.

No one is immune from the impact of negative emotions and people who use BrainWise understand there is no stigma in getting help. BrainWise graduates recognize that even though they cannot control many things that are happening, they know that they have control over how they react to them. The program's skills can be a lifeline that helps them stop and think before sadness, anger, frustration, and any number of other emotions escalate to the top floors of their Emotions Elevators.

Take care and stay safe and healthy.



Dr. Pat

Please "like" us to help us get the 10 Wise Ways out to more people:



On a Lighter Note . . .

This video shows how asking questions (Wise Way #7)) helped strangers find unexpected commonalities. Filmed before COVID 19, the message still resonates in our self-isolation and distancing environment - only now we wear masks and our seats are farther apart.



Take a Seat, Make a Friend |
SoulPancake Street Team



The BrainWise Program

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