



Issue 69

Brain Zones: Take Care of Yourself

Individuals who practice self-care demonstrate they are using [BrainWise CPR](#) to control Lizard Brain reactions. Brain Zones make this easier – they are spaces where children, youth, and even adults use the 10 Wise Ways to stop and think.

Using Brain Zones also shows they are practicing Control – the “C” in BrainWise CPR. This Wizard Brain thinking includes getting help from their Constellation of Support (Brain Zones are non-human support resources.) They also show they are using thinking skills by recognizing Red Flags that warned them a problem was about to happen, and by lowering their Emotions Elevator using calm-down strategies and tools.

Stigma is still associated with seeking help. This can be avoided by introducing Brain Zones as a resource for everyone that promotes thinking skills. Science shows the importance of self-care, and BrainWise lessons discuss how everyone has problems, and teaches tools that help prevent and manage problems. Brain Zones recognize that self-care is important for everyone.



Example of Brain Zone Materials
(Read about a Brain Zone for high school students with special needs in BrainWise Newsletter Issue #48.)

There's What Teachers Say:

Brain Zones help children recognize that they have control over their feelings and tell them that addressing them is using their Wizard Brain.

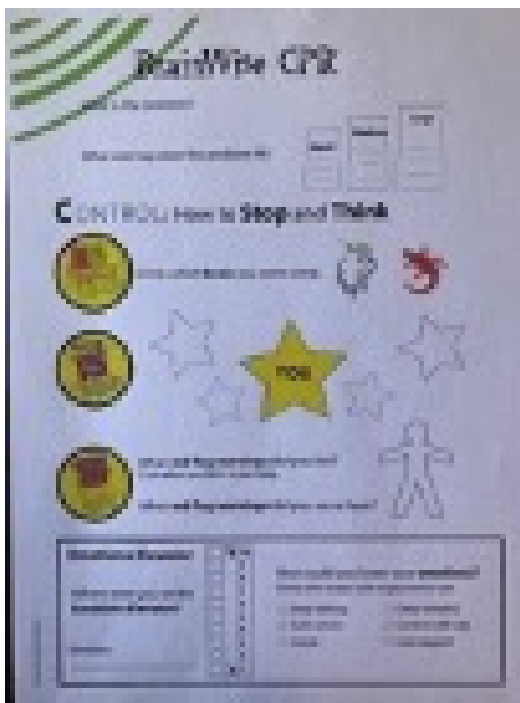
Because children have learned the 10 Wise Ways, the Brain Zone helps them use thinking skills in real time.

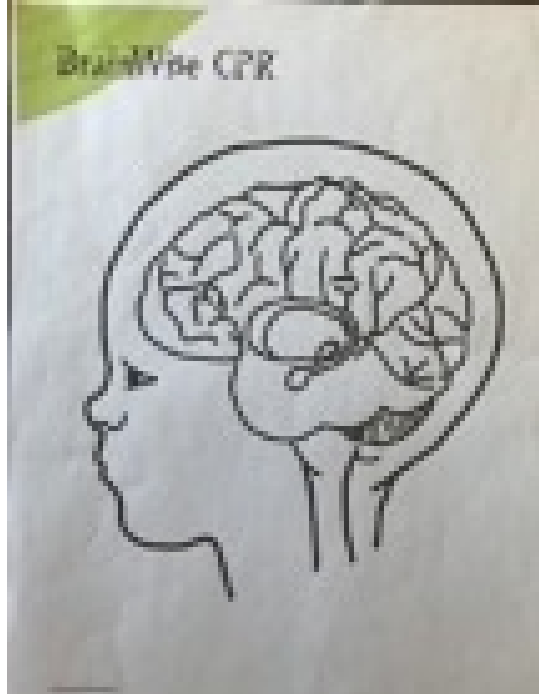
When kiddos use the Brain Zone, it tells me that they recognize their internal Red Flags and know what they need to do to Stop and Think.

It (the Brain Zone) helps me know which children may need more help, especially if they don't use it.

I am a big fan! It makes using thinking skills smart, acceptable, and important.

Our Brain Zone has a desk with clearly marked resources and it includes a holder on top with slots for BrainWise worksheets.



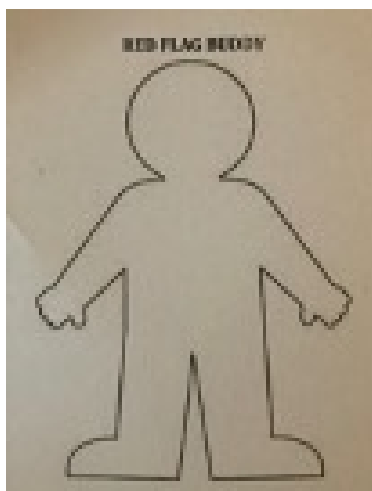


Examples of BrainWise Worksheets

Everything to do with the Brain Zone is positive. The children recognize they have tools to work on problems and use them.

I am impressed by the compassion and empathy I seen children give each other. The Brain Zone helps them recognize everyone needs time to think about the uncontrollable and crazy things that are happening.

I use the 10 Wise Ways as the foundation for our Brain Zone. Associating the space with brain science and thinking identifies it as important.



More Examples of Brain Zone Materials

Brain Zones are a great practice ground and make thinking skills a positive experience for kids.

We have a 10 Wise Ways card set as well as a handmade set of 10 Wise Ways cards. One of our classes made the card set for the Brain Zone. Children use the cards in many ways, including going through a problem and finding which Wise Ways help explain the behaviors.

(Separate from the Brain Zone, children can make their own card set. Partners who have purchased a BrainWise curriculum can request a free card set template at info@brainwise-plc.org).



BrainWise Card Set and Example of Red Flag Card Template

Caregivers – teachers, counselors, nurses, social workers, parents, family members – are physically and emotionally exhausted. Science shows that repeated exposure to problems triggers the release of stress hormone and cause physical and emotional problems.

There are many things we cannot control, but we can respond to problems using Wizard Brain thinking or Lizard Brain reacting. BrainWise helps us help ourselves.



Please take care of yourself.

Dr. Pat

On a Lighter Note



The late entertainment educator, Fred Rogers, left a legacy of hope. He was an advocate for children, and his powerful “find the helpers” video (see [Issue 64](#)) provided comfort to children and adults.

More than fifty years ago, he testified before congress, advocating PBS programs for children. His examples included helping them control their feelings: "If we can make it clear that feelings are both mentionable and manageable we have done a great service form mental health."

The video of his testimony is below. This testimony is recognized as saving PBS in its early years -- the Congressional committee appropriated funding.

Mr Rogers continues to inspire us.



What Do You Do With the Mad That You Feel? (Song)

Written by Fred Rogers | © 1968 Fred M. Rogers

What do you do with the mad that you feel
When you feel so mad you could bite?
When the whole wide world seems oh, so wrong...
And nothing you do seems very right?

What do you do? Do you punch a bag?
Do you pound some clay or some dough?
Do you round up friends for a game of tag?
Or see how fast you go?

It's great to be able to stop
When you've planned a thing that's wrong,
And be able to do something else instead
And think this song:

I can stop when I want to

Can stop when I wish
I can stop, stop, stop any time.
And what a good feeling to feel like this
And know that the feeling is really mine.
Know that there's something deep inside
That helps us become what we can.

