

3RD-6TH GRADE BRAIN STATES

Created by Ms. Davis

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP
AND
STRETCH



DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



Thankful Journal

Date: _____

On a scale of 0-10, how are you feeling today? 0 is the worst day ever, 5 is okay and 10 is the best day ever. You can be the numbers in between as well.

Today's Score:

0 1 2 3 4 5 6 7 8 9 10

Why are you feeling that number today? _____

Today I am thankful for: _____

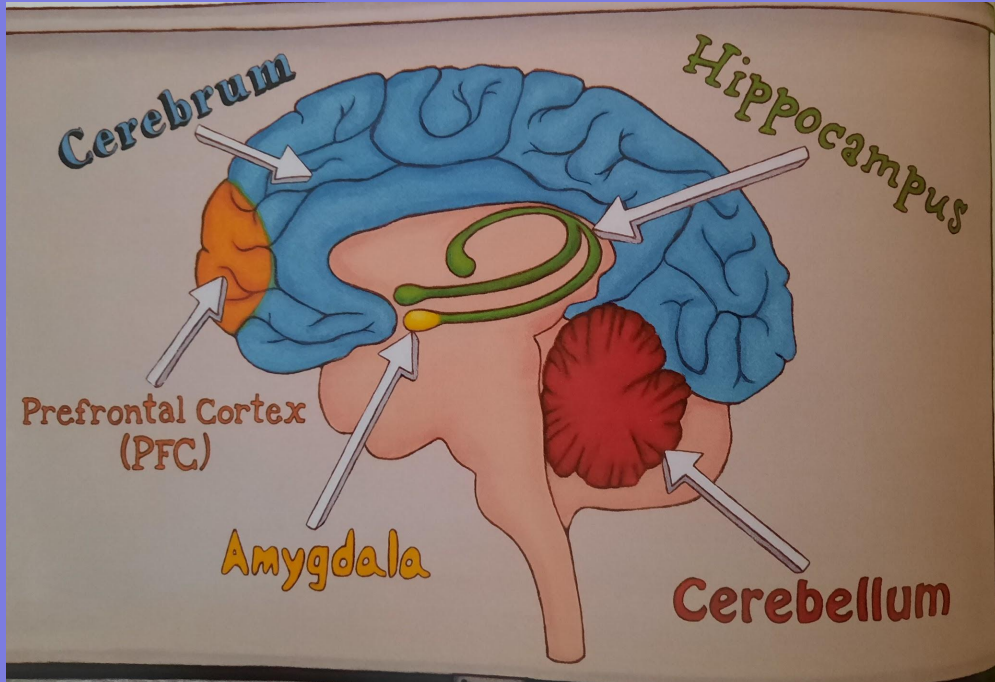
Our Brain

Our Behavior

- There is a reason we do what we do.
- How we perceive situations, in our brain, dictates how we respond.



Parts of our brain



Cerebrum: The largest part of your brain. It helps you think and speak.

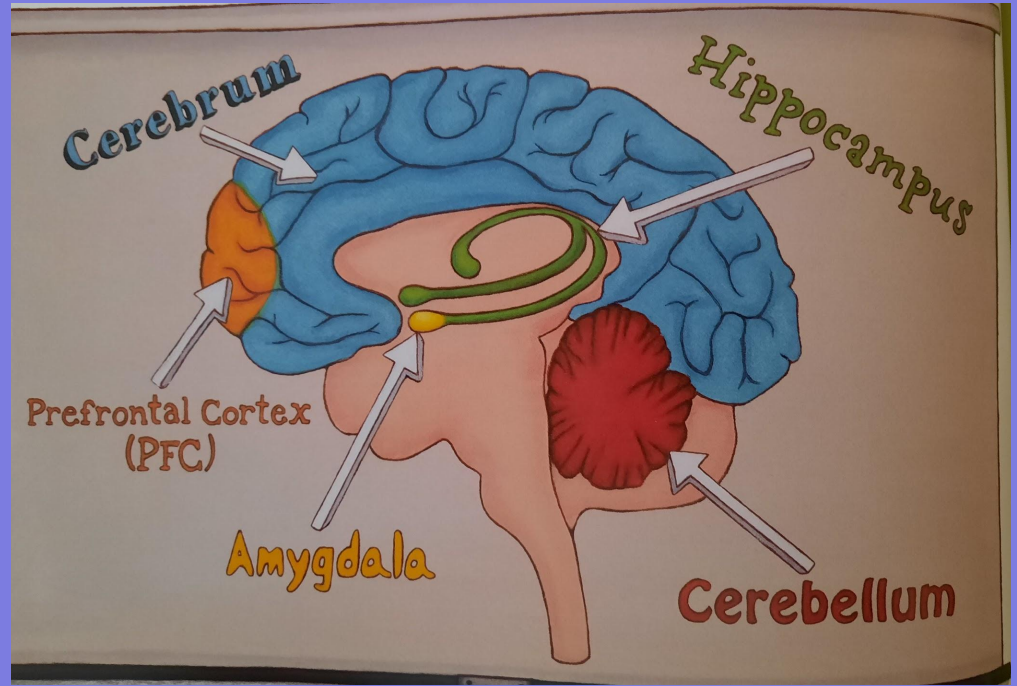
Cerebellum: A small part at the back of the brain that helps your muscles to coordinate your movement and your balance, so that you can walk, ride a bike or run.

Prefrontal Cortex: The part of your brain behind your forehead. It lets you make plans a decisions.

Parts of our Brain

Hippocampus: Is at the center of your brain. It works like a file cabinet to help you store and find memories.

Amygdala: A tightly packed group of cells deep within the center of the brain that controls your emotions.



Brain States

There are 3 main areas of our brain that control our behavior. It depends on what state of mind we are in, on how we react to others.



Survival State



Emotional State



Executive State

Survival State=Brain Stem



- Person is mad, upset, and shutdown.
- NOT able to use words.
- Person feels threatened.
- In survival mode.



Fight



Flight



Freeze

The person is needing to feel safe.



Survival State= Brain Stem

Behaviors you might see:

Physical Aggression:

Hitting, kicking, pushing, biting

Tantrums:

Screaming, head banging, yelling

Withdrawing:

Running away, hiding, shut down



Emotional State=Limbic System



- Person is mad or upset, but still able to use their words.
- People get upset when they think the world is not going their way.

Limbic System is made up of the amygdala and hippocampus.

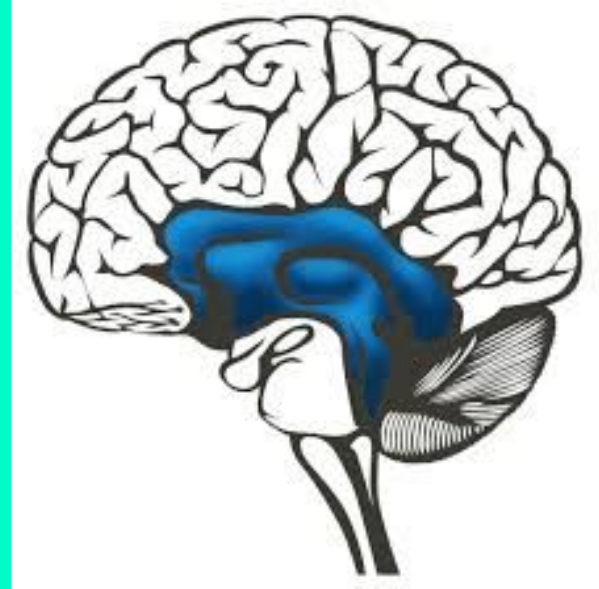
The person is needing to feel connected to others and feel validated.



Emotional State= Limbic System

Behaviors you might see:

- Blaming others
- Back-talking or being rude
- Name-calling or being mean on purpose
- Social exclusion (Wanting to be alone)
- Social aggression
(Bullying or picking on others)
- Trying to get attention-either positive or negative



Executive State=Prefrontal lobe



- All is well.
- Person is able to listen and work well with others.
- Person is able to problem solve.
- Best state to be able to learn.
- You are your best self.

The person is ready to learn and interact with people.

What does our Prefrontal Lobe control?

- Attention
- Time Management
- Organization
- Prioritization
- Working Memory
- Impulse Control
- Flexibility
- Empathy
- Metacognition
- Goal Achievement
- Task Initiation
- Emotional Regulation

Executive State= Prefrontal Lobe



What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Bayley screams, “I hate you!”

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



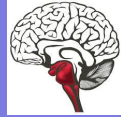
Executive=Prefrontal Lobe



Bayley screams, “I hate you!”

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Jacob hits his sister when she doesn't
give his iPad back.

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Jacob hits his sister when she doesn't give his iPad back.

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Ryan raises his hand to get help
because he doesn't understand how to
solve a math problem.

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



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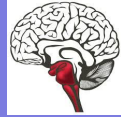
Executive=Prefrontal Lobe



Jessica rolls her eyes at a girl in her class and says, “Don’t sit there.”

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



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What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Zoe asks for a break when she starts to get frustrated.

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



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What Brain State?

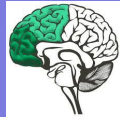
Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Kevin slams his fists on the desk and
and pushes his work on the floor.

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Kevin slams his fists on the desk and
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What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Angela reads her classmates writing
and suggests some changes.

What Brain State?

Survival=Brain Stem



Emotional=Limbic System



Executive=Prefrontal Lobe



Angela reads her classmates writing
and suggests some changes.

What could happen if you're in the Survival State and not able to calm down?



How would it affect you if you're always in the Emotional State?



How does being in your Executive State help you?