

## GOALS:

- ◆ Provide educators tools to read the emotional body language of students
- ◆ Provide strategies for regulation of behavior from the prefrontal cortex
- ◆ Identify key issues in the brain development of adolescents
- ◆ Understand the hippocampus and its creation of stories that guide behavior and identity
- ◆ Learn strategies to reduce adult stress and compassion fatigue
- ◆ Use a brain-based approach to the emotional realities of parents and parenting

## The Student

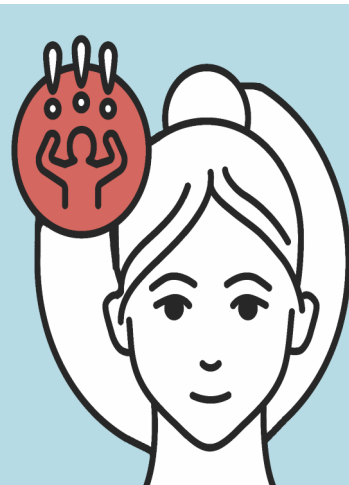
### CHAPTER ONE

Limbic Center  
The Body's Emotional Tells



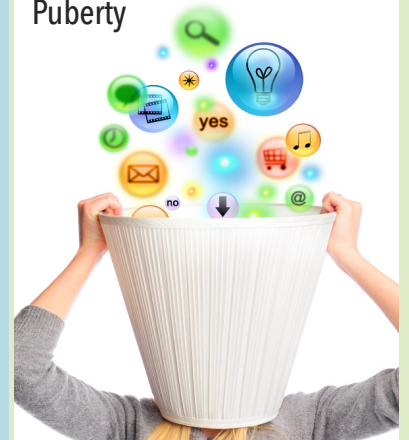
### CHAPTER TWO

Prefrontal Cortex  
Controlling Impulsivity



### CHAPTER THREE

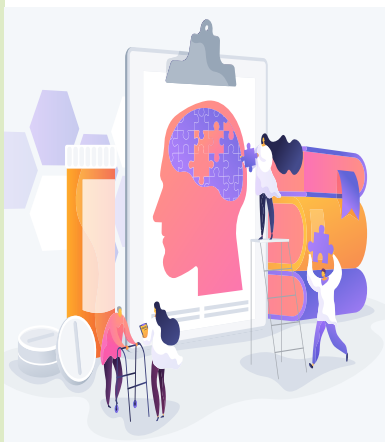
Adolescent Brain Development  
Social Dominance  
Social Cognition  
Perspective-Taking  
Puberty



## The Adults

### CHAPTER FOUR

Hippocampus  
Stories  
Wounds  
Identity



### CHAPTER FIVE

Adult Stress and Compassion  
Fatigue  
Heart Rate Variability (HRV)  
Autonomic Nervous System



### CHAPTER SIX

Brain-Based Approach to  
the Emotional Realities  
of Parenting

