



Emotional Poverty, Volume 2 Safer Students and Less-Stressed Teachers Ruby K. Payne, Ph.D.

Emotions are the driver

What the body is saying emotionally Chapter 1 Body tells Muscle testing Calming self Why the student may not focus Chapter 2 Prefrontal cortex ADHD Anxiety How/why to enhance adolescent Working memory brain, perspective taking, compassion for better outcomes **Chapter 3** Adolescent brain **Emotions are** Social cognition the driver Social Introduction How to change internal stories that drive behavior Chapter 4 Hippocampus Metaphor stories Wounds Coauthors **How to understand/address** the physiology of adult stress Chapter 5 Adult stress HRV Mirror neurons Epigenetics How to frame parenting as an emotional activity **Chapter 6** Parenting is emotional, coauthored. intergenerational Implicit bias Invitational language

