

ENGAGE
MORE CONTROL | LESS IMPULS

What's Going On? Navigating the Adolescent Years

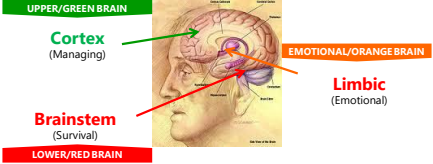
Glenfield College
19th April 2019

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INTRODUCING THE BRAIN



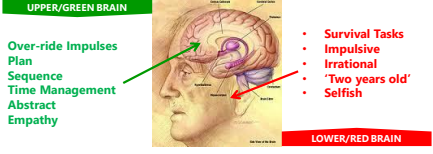
UPPER/GREEN BRAIN
Cortex (Managing)

EMOTIONAL/ORANGE BRAIN
Limbic (Emotional)

LOWER/RED BRAIN
Brainstem (Survival)

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INTRODUCING THE BRAIN



UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy

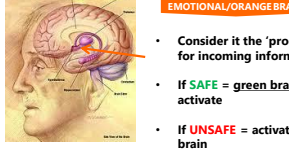
EMOTIONAL/ORANGE BRAIN

- Survival Tasks
- Impulsive
- Irrational
- 'Two years old'
- Selfish

LOWER/RED BRAIN

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INTRODUCING THE BRAIN




EMOTIONAL/ORANGE BRAIN

- Consider it the 'processing centre for incoming information....'
- If **SAFE** = green brain allowed to activate
- If **UNSAFE** = activate survival brain

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RED / GREEN BRAIN & THE SANDPAPERED BRAIN




REACTIVE (Red end) → **RATIONAL** (Green end)

Sandpapered Brain

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FIGHT / FLIGHT RESPONSE



- Dry Mouth
- Breathing Changes
- Stomach purges
- Bowel/Bladder may empty
- Sight and Hearing Sharpen
- Heart Beats Faster
- Temperature Change
- Blood increase in large muscles of arms & legs

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- ◆ Survival
- ◆ Procreation
- ◆ Protection

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THREE STAGES OF ADOLESCENCE



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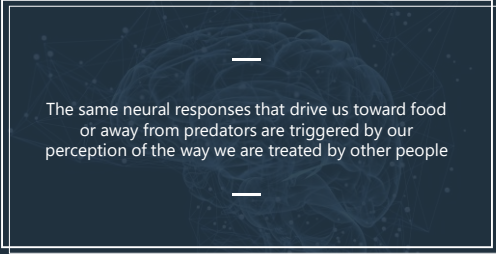
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SOME EXTENSION PACKS



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The same neural responses that drive us toward food or away from predators are triggered by our perception of the way we are treated by other people

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TELL THE BRAIN - YOU ARE NOT GOING TO DIE!

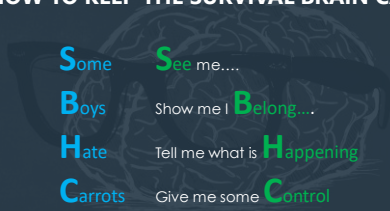


Relationships Status Distraction Sensory activity

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HOW TO KEEP THE SURVIVAL BRAIN CALM



Some See me....
 Boys Show me I Belong...
 Hate Tell me what is Happening
 Carrots Give me some Control

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