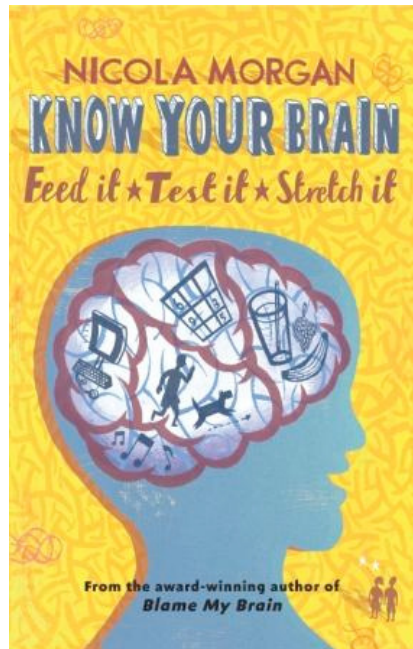


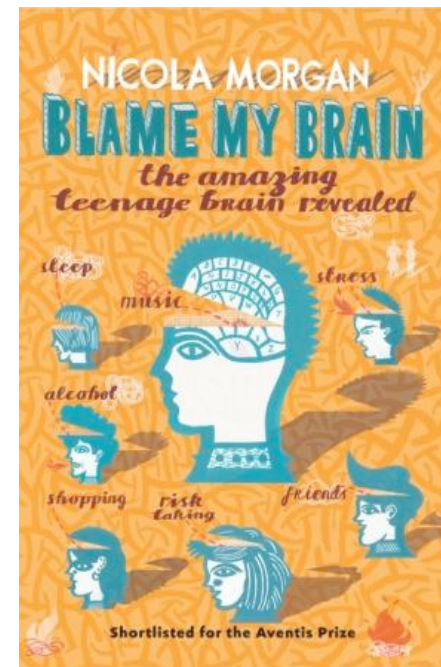
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Thinking more deeply about behaviour - theirs and ours

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Taking risks

Limbic system and Amygdala:-

FEELING / WANTING

against

Prefrontal cortex:-

THINKING / JUDGING

Grrrrr! WOW! Aghhhh! NO!! Yay!
ANGER - FIGHT - FEAR -
EXCITEMENT - **NOW!!!**

Amygdala

**Pre-frontal
cortex**

Calm down - it's just
a commercial! Here's
the sensible thing to
do ...

Practising what we know

- Support young pfc
- Not many instructions at once; check
- Allow risks but create boundaries
- Rules: explain + negotiate + then be firm
- Give power + choice
- Recognise stress - don't engage when angry
- Think carefully about dealing with mistakes
- Welcome them into the adult world
- PRAISE

Make your brain FLOURISH

Food - plenty of good food

Liquid - not fizzy or alcohol

Oxygen
air - walk up stairs; fresh

Use - use all the different
parts

Relaxation - what makes YOU
relax?

Interest - brains like NEW things

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Sleep - helps your brain learn



And finally

EAT CAKE!

Brain Cake™

Take the FLOURISH TEST

- (handout)