



Welcome

Welcome to the brain group training. This training is broken into three videos.

Part 1 - Regulation and an introduction to the brain (20 minutes)

Part 2 - Development of self-regulation (15 minutes)

Part 3 - Brain Group (15 minutes)

They are designed to be watched in order.

The Brain

Describe regulation in your own words

How does play help with self learning regulation?

Which part of the brain is responsible for conscious decision making, inhibition and language?

Which part of the brain is responsible for breathing, heart beat and digestion?

Which part of the brain is responsible for protection and keeping us safe?

What part of the brain is in control during a fight, flight, freeze response?

Self Regulation

Are these statements true or false?

Humans learn to self-regulate through co-regulation initially.

Being calm is the most appropriate option in all situations.

Everyone has times when they are not able to self-regulate and they lose it.

In order to support another person to regulate, you must first ensure that you are regulated.

Parent and care-giver self-care is not important or helpful.

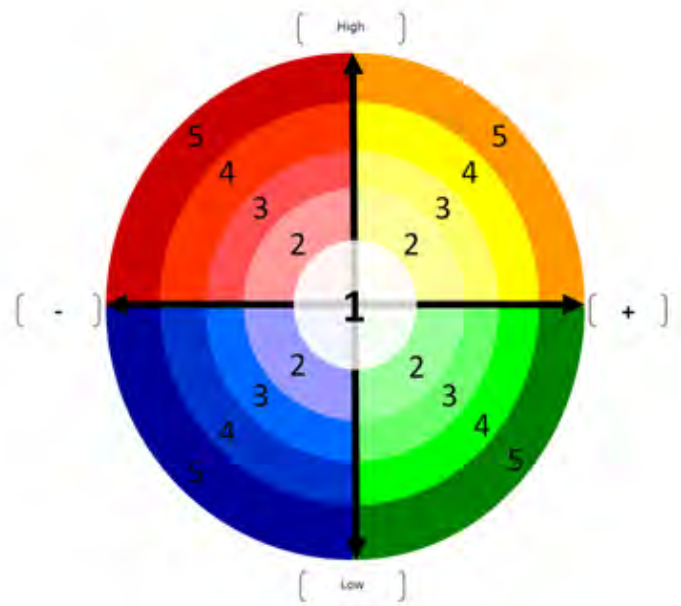
Steps to being able to self-regulate

What must a child be able to do before they can choose an appropriate self regulation strategy?

Put these activities on the emotion target

How do the following affect your arousal?

- Yoga
- Running
- Cycling
- Reading
- Cooking/Baking
- Argument with your friend
- Cake
- Crisps
- Smell of coffee
- Smell of peppermint
- Doing laundry
- Helping your child with homework/reading
- Going to the cinema
- Going for a country walk



(Red = High arousal and negative feeling, Blue = Low arousal and negative feeling, Yellow = High arousal and positive feeling, Green = Low arousal and positive feeling)

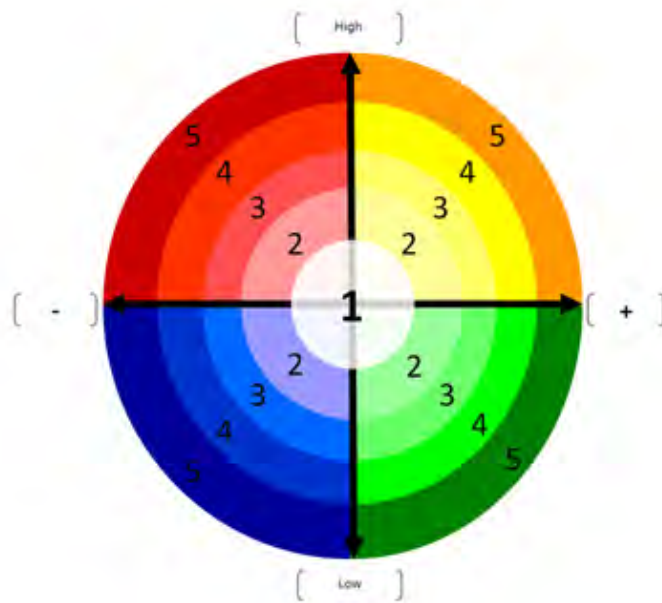
Triggers

What might trigger you to go into the red corner?

What might trigger you to go into the yellow corner?

How does your body feel?

Think about how your body might feel at a 1, and then in each section of the wheel at a 3 then a 5. What changes in your body as you become more or less aroused and as you become more dysregulated?



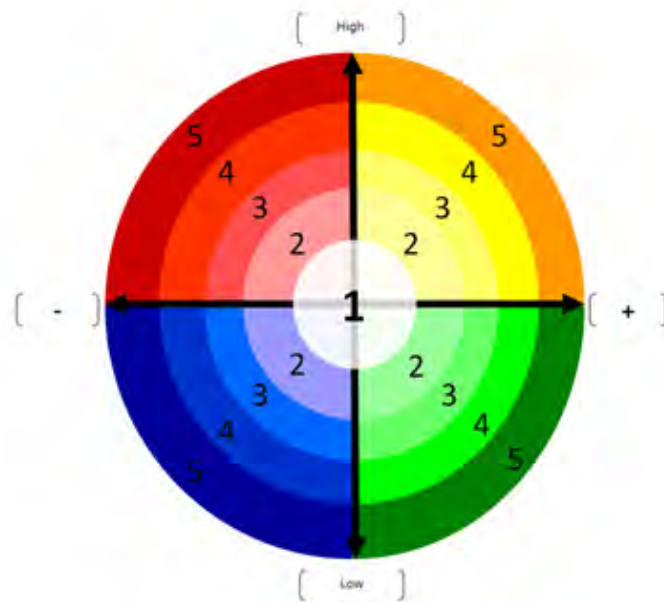
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Staying calm

What activities help you to stay calm and regulated?

What do you notice in your child?

Think about your child. What do they look like at a 1? What changes do you notice as they become dysregulated? Think about what you might see in each colour.



Staying calm

What activities help your child to stay calm and regulated at home?

What activities or strategies help your child to stay calm and regulated when you go outside of the house?