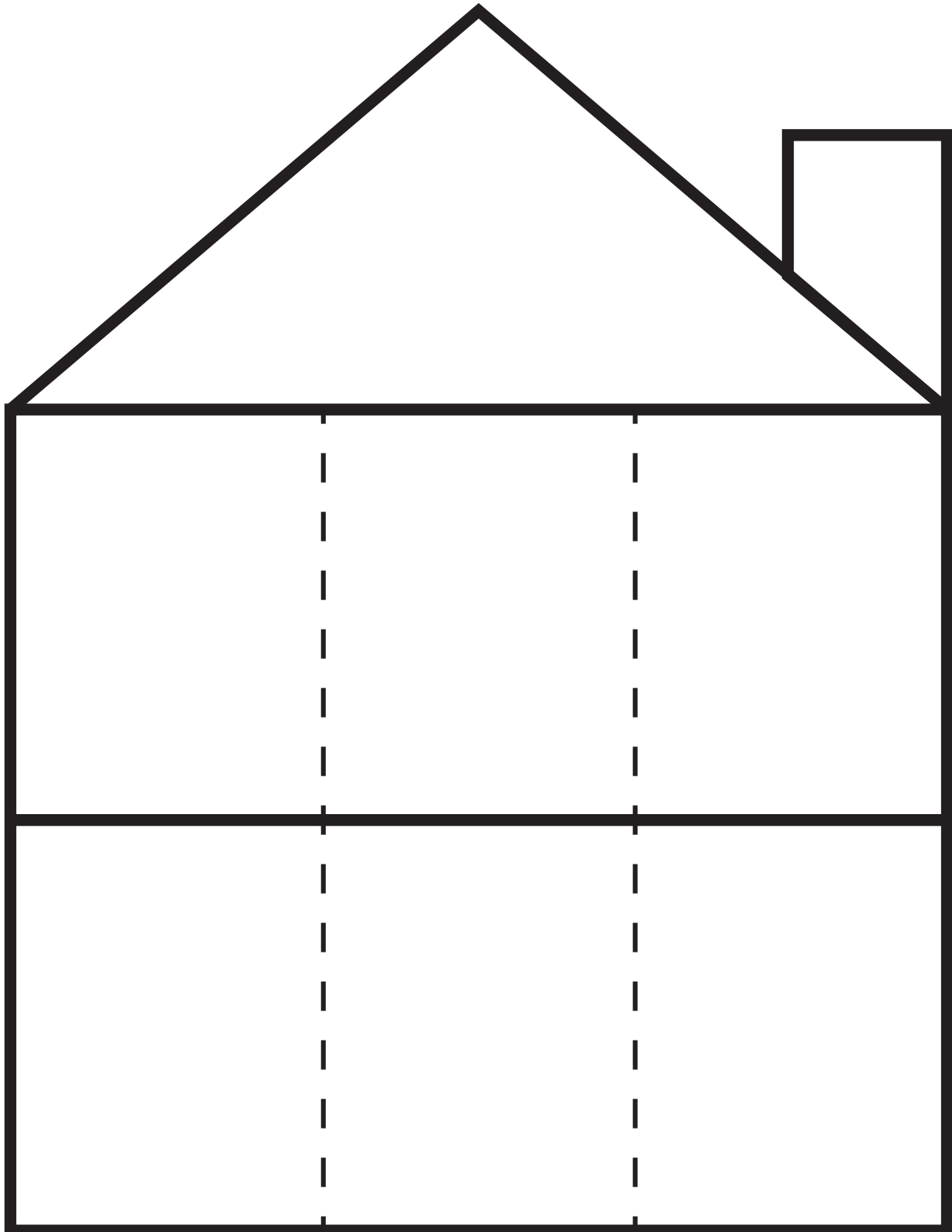


Brain Building Activity



Brain Building Activity Instructions:

- 1** Create three columns on a piece of paper and label the columns “Upstairs Brain,” “Downstairs Brain,” and “Tool Kit.”
- 2** In the first two columns, invite students to list bullet points describing how their minds and bodies feel in these states (“Upstairs Brain” meaning when their parasympathetic nervous system is engaged, when they are feeling calm, present, happy, or mindful; “Downstairs Brain” meaning when their sympathetic nervous system, or “fight or flight response” is engaged, when they are feeling stressed, etc.).
- 3** In the final column, ask them to reflect on activities they find relaxing or “regulating” or “centering”—things they can turn to the next time they need to access their upstairs brain.

You can invite students to draw a diagram of a “brain building,” such as the one below, or you can use the blank template on the next page.