Building Emotional Fluency

Understanding the Brain

Left brain:
Logic
Literal
Likes words
Details & order



Right brain:
Emotional
Read non-verbal cues
Big picture

Upstairs:
Allows for thoughtful consideration
Imagining
Playing



Downstairs:
Concerned with instinct, gut reactions and survival

Strategies to integrate:

#1: Connect with child

Name it to tame it

Engage, don't enrage

Exercise the upstairs brain

Be active; reseting our bodies

References:

Siegel, D. J., & Bryson, T. P. (2012). The whole-brain child: 12 revolutionary strategies to nurture your child's developing mind. Brunswick, Vic.: Scribe Publications.

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Refection: Describe the most recent situation of when the child (or one of the children) in your care "flipped their lid". How did you respond?

Describe strategies you use to help children feel and manage strong emotions.