**Secondary Guidance Lesson**

*Learning About the Brain*

**Objective:** *To help students self regulate and stay in that “green zone” through understanding how their brain works in relation to emotions and memories.*

**Video:** <https://www.youtube.com/watch?v=A4U7KUg-wFE&t=6s>

**Activity:** *Show video: 2 minutes*

*●Group Discussion questions*

* + *Now that you know what happens in your brain, can you think of a time you flipped your lid and your amygdala was in control? You don’t have to share the details. What was happening in your body? In your mind? What were your actions?*
  + *Thinking back, is there anything you wish you could have changed or done differently? What would it be like to press pause before you respond to give your Amygdala time to calm down and talk to your Pre-Frontal Cortex?*
  + *How can keeping your Amygdala and Pre-Frontal cortex communicating help you in class?*

**Follow-up/Closing:** *Group Discussion: We have been talking about healthy and unhealthy coping skills.*

*When are some situations when it’s necessary to honor your response and fight/flight/freeze?*

*What are some warning signs that you might be getting close to flipping your lid? (examples: feeling hot, headache/stomachache, trouble breathing, clenched fists, irritable, wanting to be alone, etc.)*

*Some emotions and reactions can seem much bigger than others, and what works for one emotion may not work as well for another emotion. Your first coping skill might not get you back to green. What are some things you can do if after your first try, you’re not back to green? (examples: try another coping strategy, talk to someone I trust, eat a snack, take a walk, watch a funny video, etc.)*

*Set an intention this week so that the next time you find yourself in that red or blue zone, you notice what’s going on with your body and mind and can practice your coping skill to help you get back to the green zone.*