**Secondary Guidance Lesson**

*Learning About the Brain - Pt. 2*

**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://youtu.be/5u0z7-BJec0**](https://youtu.be/5u0z7-BJec0)

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

*●Group Discussion questions*

* + *What is a good “stress”?*
  + *What physical effects does the amygdala have on your body?*
  + *When your brain goes to fight/flight/freeze, what are some examples that it could be a good thing?*
  + *What does the constant flood of stress do to your body?*
  + *What are some coping skills to minimize the effects of stress on your body?*
    - *Relaxation, meditation, yoga, breathing exercises*
    - *30 mins of exercise*
    - *7 hours of sleep*
    - *Support from friends loved ones or mental health professional*

**Video:**[**https://youtu.be/xNY0AAUtH3g**](https://youtu.be/xNY0AAUtH3g)

* *What are the chemicals released when someone does something good for you? How does that make you feel?*
  + *(Dopamine, Oxytocin, and Seratonin)*
* *How do you know when your emotions have hijacked your brain?*
* *Have you ever experienced just thinking about something that triggered an emotional response?*
* *What are some ways you can take control of your brain by managing your thoughts and emotions?*

**Follow-up/Closing:** *Group Discussion: We have been talking about healthy and unhealthy coping skills. We have talked about how sometimes it’s necessary to fight/flight/freeze and you should honor that. We also discussed the warning signs. This is a great time to practice a strategy to help you get back to green when you find that your emotional brain is taking over and affecting your thinking brain.* [*https://youtu.be/PmBYdfv5RSk?t=40*](https://youtu.be/PmBYdfv5RSk?t=40) *(4 mins with a breathing exercise included)*