



4TH GRADE



Window of **Tolerance**

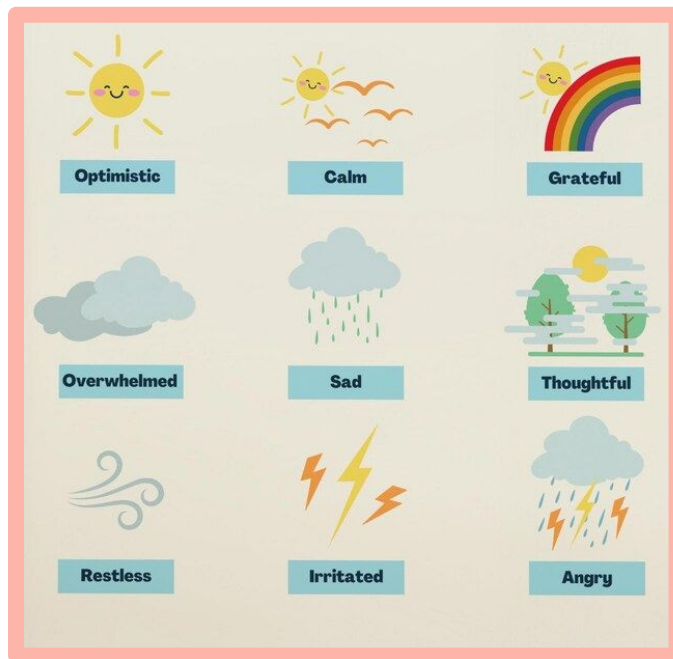


Unit 1.2 Neuroscience
SEL Lesson 3



Class Connect

Describe your day/mood using weather terms!



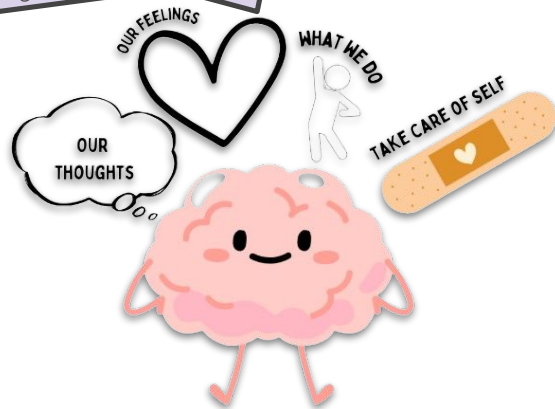
Review

mental health

men·tal · health

synonym- wellbeing

antonym- other people's thoughts/opinions



wellness

well·ness

synonyms- health, wellbeing

antonyms- sickness, weak, unhealthy



Why is today's lesson important?

Window of Tolerance



Regulation

"I can recognize and manage my emotions."



Adaptability

"I can manage transitions and adjust to changing situations and responsibilities."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."



Collaboration

"I can work well with others in a team."

definition

- one of three stages of arousal to describe a person's ability to manage their emotions and respond calmly and in control to stress

clapping hands window of tolerance clapping hands

win·dow of tol·er·ance

synonyms-
zones of regulation

antonyms-
dysregulation

examples

- listening to feedback
- using a coping skill to recover from a minor frustration



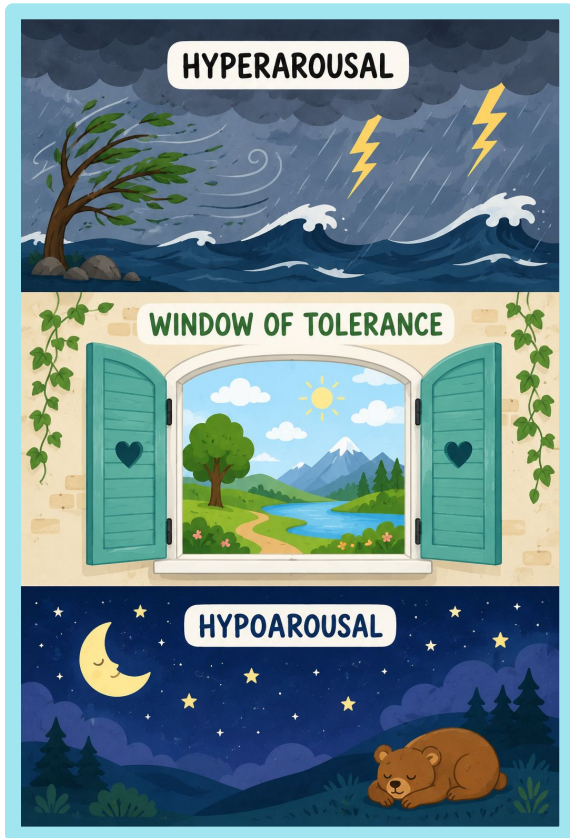
question

- What zone is someone in if they are in their **window of tolerance**?

non-examples

- hyperarousal
 - above the window
- hypoarousal
 - below the window





- The theory of window of tolerance means at any moment, we are in one of these three stages.

Hyperarousal

- Your nervous system is in overdrive!
- Your amygdala (guard dog) is starting to take control.
- You are dysregulated.

Science fact: Stress hormones (like adrenaline and cortisol) are being released in your body making it very challenging to use your PFC (wise owl/logical thinking brain).



Window of Tolerance

- Your nervous system is balanced.
- You feel regulated.
- * ● You can focus, problem solve, and are ready to learn and be a good peer/family member/teammate/etc.
- You can cope with your emotions if something occurs.
- You are willing to listen to other's point of view and problem solve.

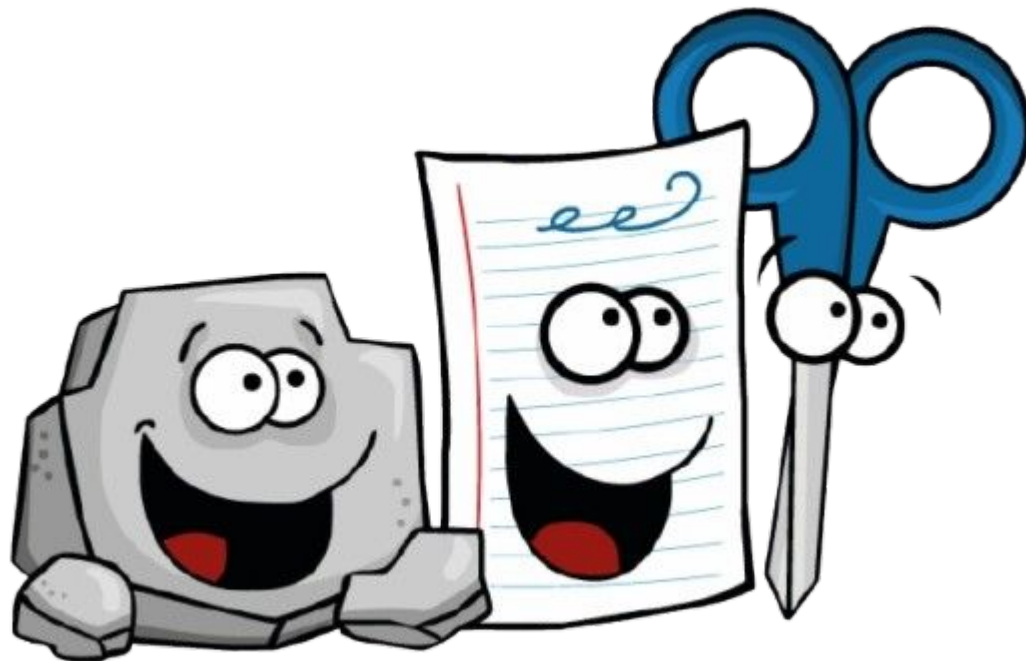


Hypoarousal

- After a strong emotional experience, you shift to a freeze or fawn response.
- You may look calm on the outside, but on the inside you are not regulated.



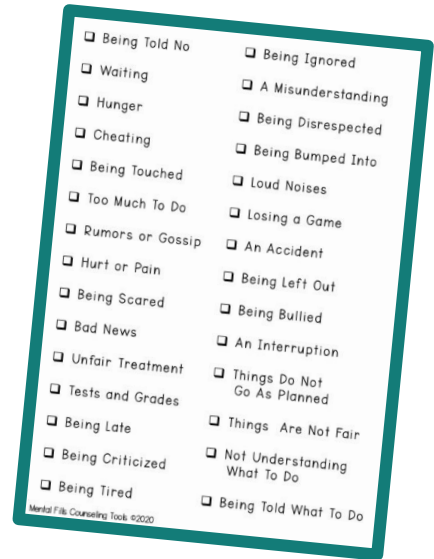
Movement



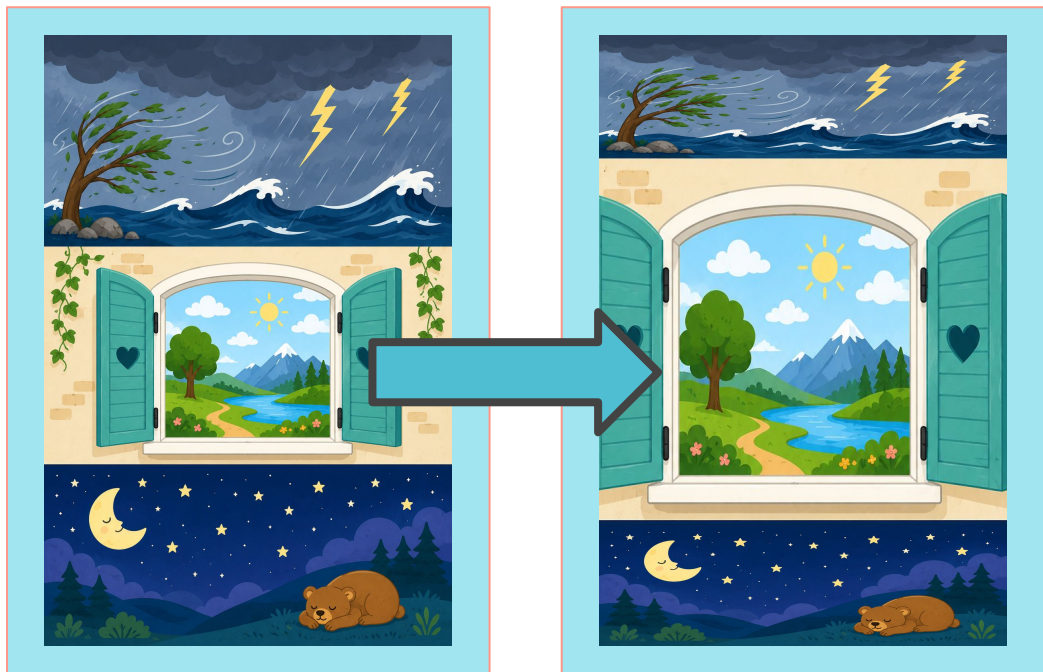
Our window changes in size!



Our window changes in size!



We can change our window size!*



Why is this lesson so important? *



- Our windows are invisible!
- We don't have to be stuck outside of our window.



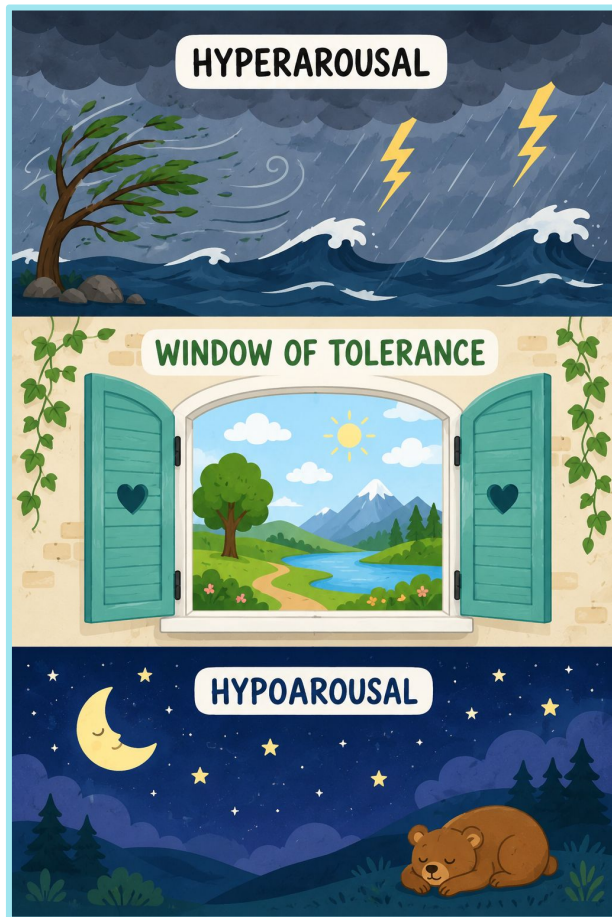
In hyperarousal?

- Take a walk
- Have a healthy snack
- Drink water
- Use a calming tool
- Listen to calm music
- Journal
- Use a breathing strategy

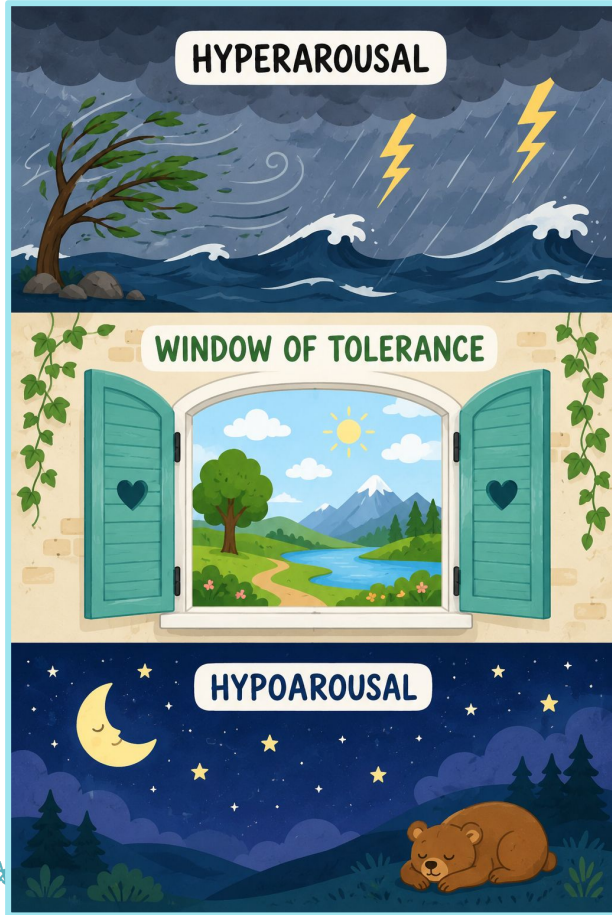
In hypoarousal?

- Exercise or dance
- Stimulate your senses
(like tasting something sour)
- Listen to upbeat music
- Be creative with art
- Interact with someone
you enjoy being around

Activity

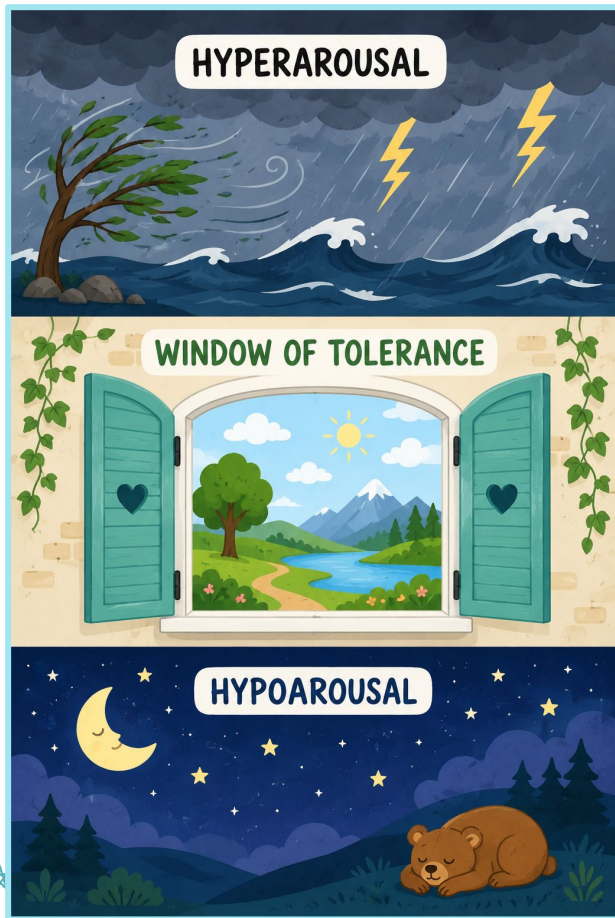


Activity



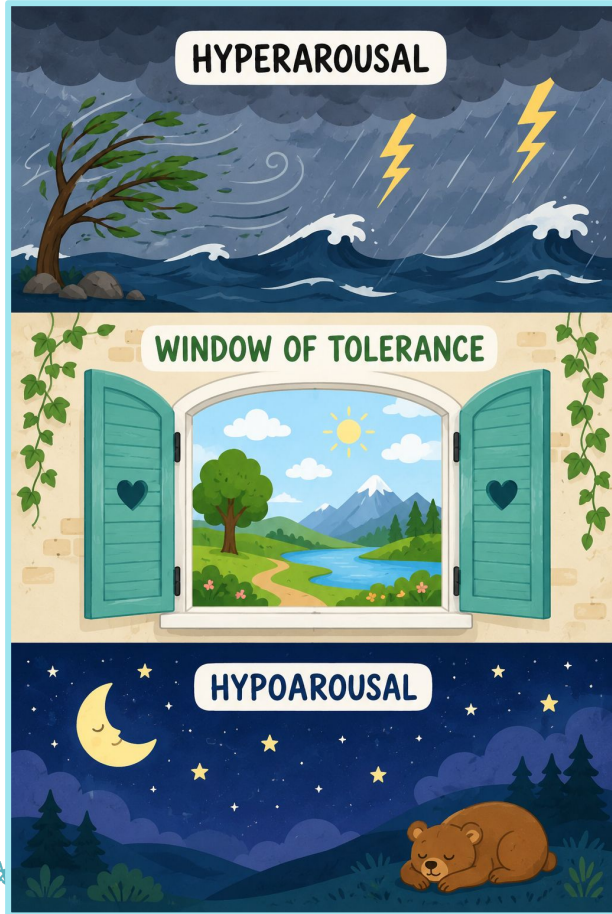
- You are overwhelmed by the amount of homework from last week.
- Monday, you find out that you have to write an essay before the end of the week.

Activity



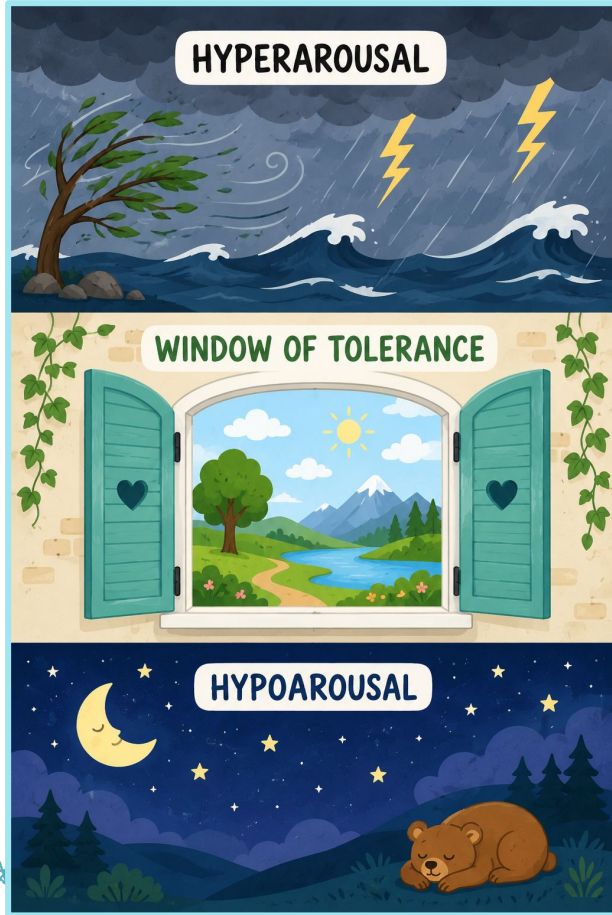
- You skipped breakfast today.

Activity



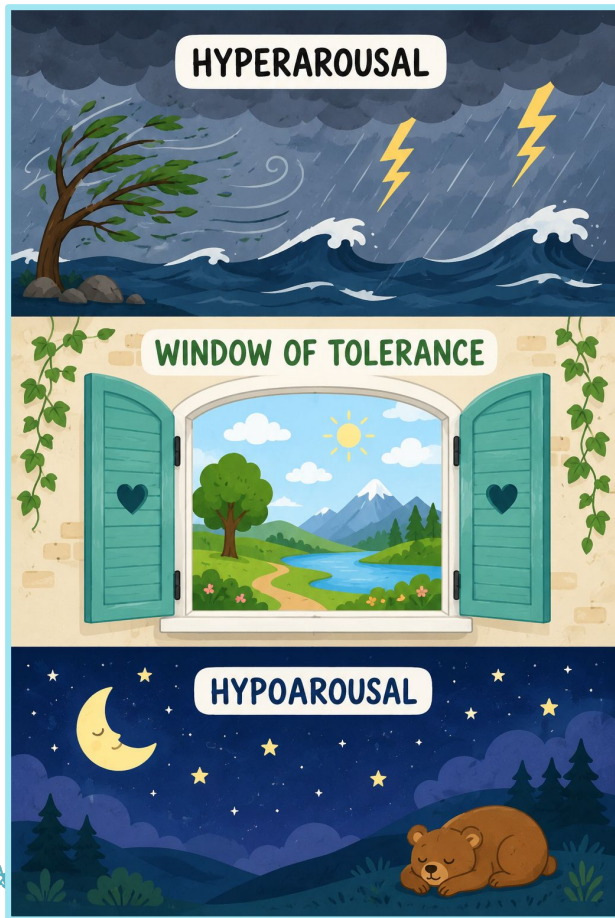
- You tripped at lunch and some things fell off of your tray.

Activity



- You come to school and find out the schedule is different today because there is a convocation in the afternoon.

Activity



- You overslept, missed the bus, and when you walk in the teacher points out that you are late in front of the whole class.

Peace Out



Guardian[★] Extension



- Review the lesson concepts with your student. Allow them the opportunity to “be the teacher”.
- Share with each other what you can do to avoid shrinking each other’s window of tolerance.
- Share what you can do for one another to help your windows of tolerance grow.



Teacher Extension



- Watch Kid President's 25 Reasons To Be Thankful.
- Have students each share something they are grateful for to grow their window of tolerance!





THANKS



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