

	What is My Child Learning? Your child is learning about the key players in the brain (the pre-frontal cortex, amygdala, and hippocampus). And how exercising these parts of our brain can help us be calm, focused, and in control of our actions.	Why is This Important? Knowing how the parts of your brain work and ways to calm the brain in times of stress helps students (and adults) take control of their emotions instead of letting emotions control us!
Ask your child: To share about the different parts of the brain, what they are in control of, and what they do for us each day. <ul style="list-style-type: none">• Amygdala alerts us when there is danger• Hippocampus is our brain’s memory keeper• Pre-Frontal Cortex helps us make good, thoughtful decisions You could review either video with your child that we watched in class today to discuss the brain further. For fifth grade students and families Or For sixth grade students and families		
Practice at Home: Make a list together with your child of some of the sensations they might feel stressed, worried or scared. Some examples might be: <ol style="list-style-type: none">1. Sweating or shaking2. Pounding heart3. Stomach-ache4. Fast breathing5. Feeling the urge to cry Ask your child to be more mindful of these sensations and the feelings they are having when they arise. Then make a list of things your child can do to help calm down their brain when they are having intense feelings. Some things might include: <ol style="list-style-type: none">1. Taking a deep breath in through your nose out through your mouth2. Counting to 103. Asking an adult for help4. Taking a break from what they are doing Knowing the skills that your child finds helpful can be a great resource to help assist them when they are feeling overwhelmed with emotions. Discuss with your child how they think you could help them apply these skills in real life situations.		