

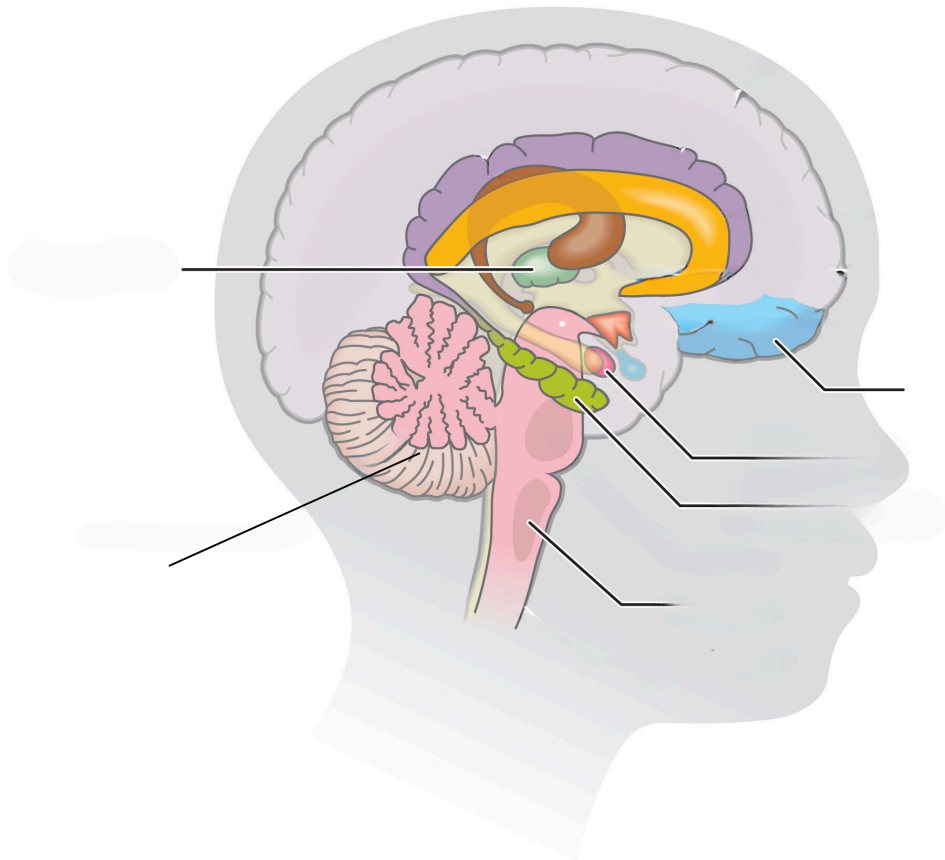
Lesson 2a- Brain Basics

Brain Basics:



Sources Used in Lesson 2a:

- Siegel, D. J., & Bryson, T. P. (2016). The whole-brain child: 12 revolutionary strategies to nurture your child's developing Mind. Delacorte Press.
- van der Kolk, B. (2014). Chapter 4. In The Body Keeps the Score. essay, Penguin.
- Siegel, D. J. (2024, June 4). Hand model of the brain. Dr. Dan Siegel. <https://drdansiegel.com/hand-model-of-the-brain>
- Sinarski, J. (2023). Light up the learning brain: 7 keys to reducing disruptive behavior in the classroom. Chapter 1 & Key 2. National Center for Youth Issues.



Locate the following:

Hippocampus
Brain Stem
Prefrontal Cortex

Amygdala
Thalamus
Cerebellum

Parts of brain most impacted
by toxic stress- describe:

Thalamus

Amygdala

Hippocampus

Prefrontal Cortex

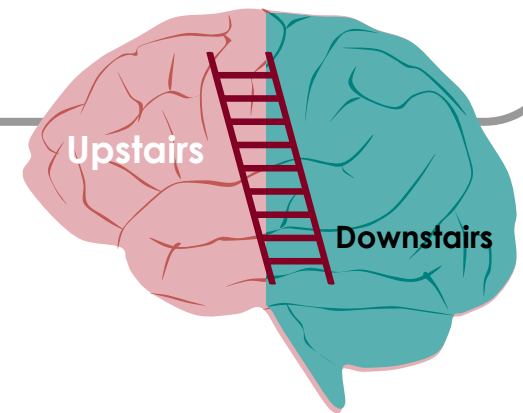
Internal Senses

Vestibular

Proprioception

Interoception

Upstairs/Downstairs Brain model:



Additional Resources:

- Sinarski, J. (2023b). Your amazing brain: The epic illustrated guide. National Center for Youth Issues.
- Smith, M., & Perry, B. (2024). Sensory healing after developmental trauma: The Connected Therapist's Guide to low-cost activities for working with children. Jessica Kingsley Publishers.
- Hughes, D. A., & Baylin, J. F. (2012). Brain-based parenting: The neuroscience of caregiving for Healthy Attachment. W.W. Norton & Co.
- Ep 46 - Our Hidden Senses - Regulated & Relational Podcast, April 2023
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-46---Our-Hidden-Senses-e22jfl>