# A "Brain Architects" Guide For Reducing ECE Stressors



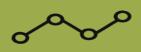
# THEY "USE THEIR WORDS" WISELY



Go silent (watch non-verbals too)



Ask questions (avoid directing & correcting)



Give visual support (limit auditory processing demands)

# THEY "SOOTHE THE SYSTEM"



Offer brain breaks (go for a walk, have a drink of water, take a breath)



Play soothing music, move around, dance!



Show compassion (give a hug, share a smile, offer a hand)

# THEY "REDUCE" TO "RESTORE"



Reduce the size of the group



Reduce inputs and demands



Reduce pace to allow for time to process

# THEY "READY" THEMSELVES



Act from "The YES brain"
- take a breath, be
curious, & offer a lifeline
(Siegel & Bryson)



Reframe the situation from "misbehavior to stress behavior" (Shanker)



Attend to basic needs for safety, satisfaction, & connection (Hanson)

