

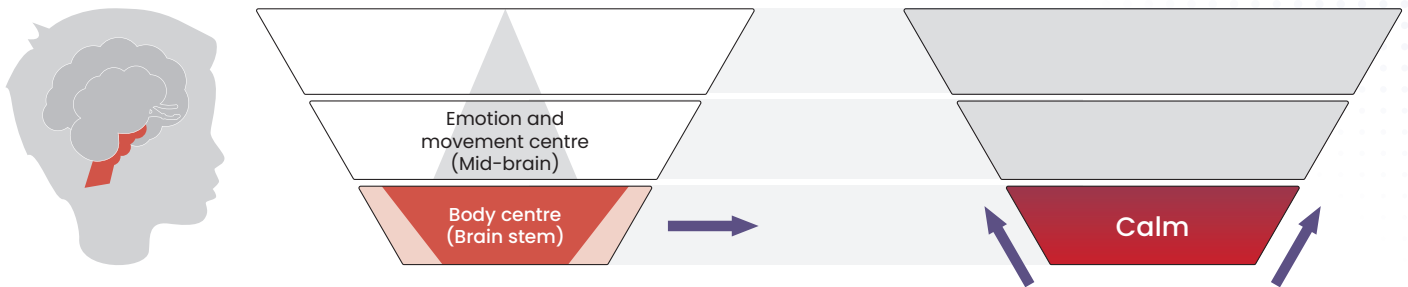


BRAIN BASED COACHING

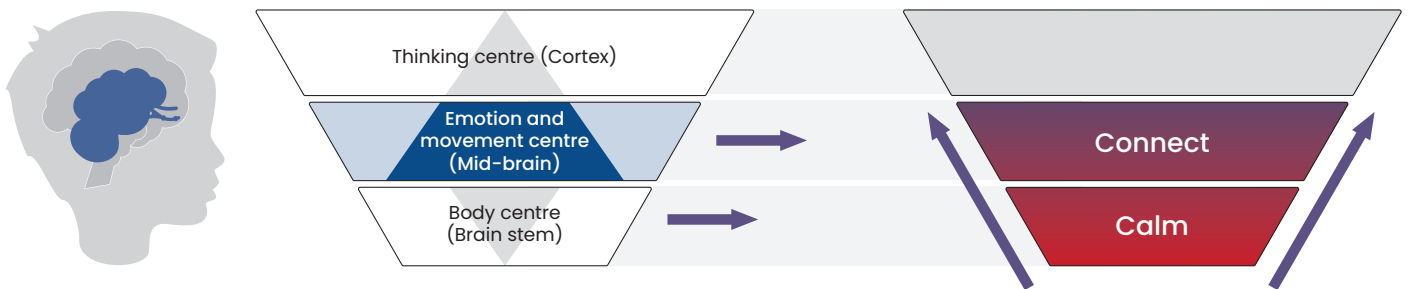


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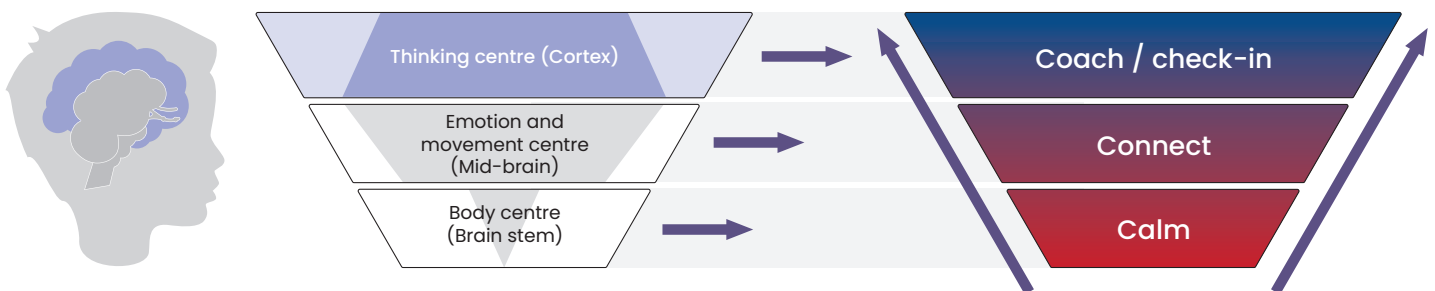
Understanding three main areas of the brain and how they function will help you support children and young people who experienced trauma or need extra help to participate.



The body centre (brain stem): keeps us alive and, when we feel we're in danger, is the most active part of the brain. To help a child in this situation, we need to meet them where they're at – using the 'Steps to responding to overwhelmed children' fact sheet can help with this.



The emotion and movement centre (mid-brain): helps us act and feel and is most active when a child is emotional due to feeling insecure, threatened or unsafe. In these situations, it is important to reassure and relate to the child to help them establish or re-establish their connection with you



The thinking centre (cortex): is in control of functions such as problem solving, learning, reasoning and planning. When a child is calm and connected, this is when you can coach as their thinking brain is active and in control.

