

**Teaching with the Brain InMind**

Josh MacNeill, MEd




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**Self-Fulfilling Prophecy**



Our beliefs and actions about students directly impacts our students' beliefs about themselves and their actions.

<https://www.youtube.com/watch?v=hy7CptLHIV0>

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**Brain Development**

The brain develops and operates from the bottom up.

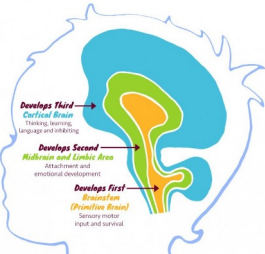


Image or information courtesy of Beacon House Therapeutic Services & Trauma Team | 2022 | [www.beaconhouse.org.uk](http://www.beaconhouse.org.uk)

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## Brain States

The brain gets stressed from the top down.

- Calm- Cortex
- Alert- Cortex
- Alarm- Limbic
- Fear- Midbrain
- Terror- Brainstem

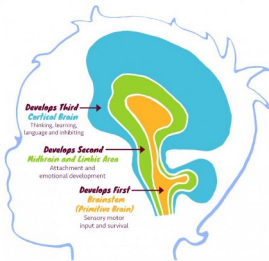


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## Bottom-Up Approach

Approach your work with students from a bottom-up perspective.

1. Regulate
2. Relate
3. Reason

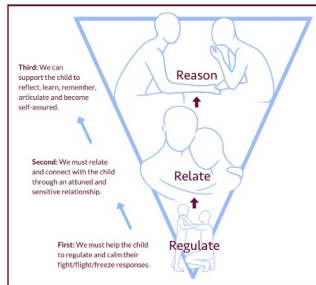


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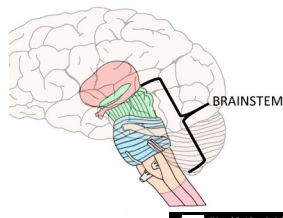
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## Supportive Interventions: Brainstem



**Movement:**

- Balance/stretching
- Yoga
- Martial Arts

**Rhythm:**

- Music
- Drumming/dapping
- Deep breathing

**Sensory:**

- Chewing/sucking
- Animal-assisted activities

Source: National Atlas of Human Anatomy

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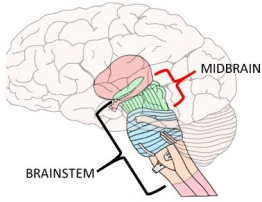
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### Supportive Interventions: Midbrain



- Movement:**
- Walk/run
  - Bilateral movement
  - Large muscle movement (horticulture)
  - Sensory paths
- Rhythm and Creative:**
- Music/drumming
  - Breathing exercises
  - Dance
  - Artistic activities
- Miscellaneous:**
- Animal-assisted activities
  - Transition rituals

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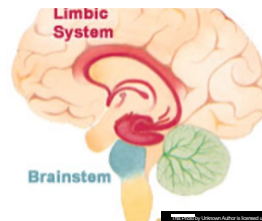
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### Supportive Interventions: Limbic System



- Modeling/discussing emotions
- Social and emotional skills training
- Relationship-building into routines
- Parallel interactions (adult and peer)
- One-on-one attention
- Counseling
- Mentoring
- Small group activities

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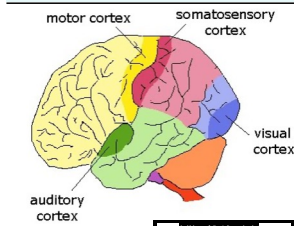
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### Supportive Interventions: Cortex



- Everything instructional we do in the classroom is usually targeted to the cortex.
- These activities are simply utilizing lower regions of the brain to get information in.
- Traditional lecture/note-taking or reading/note-taking will be extremely difficult for anyone with under-developed lower regions of the brain.
- All brains can benefit from teaching styles and time focused on the three lower regions of the brain.

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# Questions/ Comments

Thanks for having me!  
I would love to connect with you!  
Contact me at: [josh@InMindServices.com](mailto:josh@InMindServices.com)  
[www.inmindservices.com](http://www.inmindservices.com)



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# Teaching with the Brain InMind

Please complete the post-training survey now:

- Training Name: Teaching with the Brain InMind
- Training Date: 07/12/2023
- Access the survey using the QR code or the following link:  
<https://go.unl.edu/ab1-gwzr2>



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