



Upstairs/Downstairs Activity:

ACTIVITY:

1. Think about the students you work with. For each set of skills below, assign a score for how much mastery of each skill you think your students have or should have at this point in their life with 1 being unable and 5 being mastery.
 1. Sound decision making and planning
 2. Regulation of emotions and body
 3. Personal insight
 4. Flexibility and adaptability
 5. Empathy

REFLECTION:

All the skills listed above are upstairs brain skills. After learning that the downstairs brain is *fully formed at birth* and the upstairs brain *isn't fully developed until the mid-twenties*, could you be expecting more from your students than they are capable of? If so, how may this knowledge change how you interact with students? Will it help you have more empathy and help you connect more with them during their difficult moments?