

4 Pillars of Applied Educational Neuroscience

These four pillars blend together supporting the nervous systems of adults and youth, addressing co-regulation, relational touch points, and our physiology as we rewire our perceptions of discipline.

Educator Nervous System

Behavior management is about adults. Our brains and bodies hold the state of our nervous systems, and it takes a steady adult to settle a child or adolescent.

Co-Regulation

Co-regulation is our biological priority. Co-regulation is at the heart of discipline protocols. When we share a safe, emotionally available sanctuary of space and a trusting presence, students can borrow from our calm in moments of dysregulation. Co-regulation is often nonverbal.

Touch Points

Touch points are micro-moments of connection that often occur through our facial expressions, tone, greetings, noticings, validation, and deeply listening as we follow the student's agenda.

Language of the Nervous System

When we understand that negative behaviors are only signals addressing the dysregulation of the nervous system, we begin to feel empowered and relieved. The way we feel, think, and behave is a nervous system response. As we teach our staff and students about their neuroanatomy, we learn together.

soft

open

strong

grounded

flowing

shaky

tense

numb

edgy