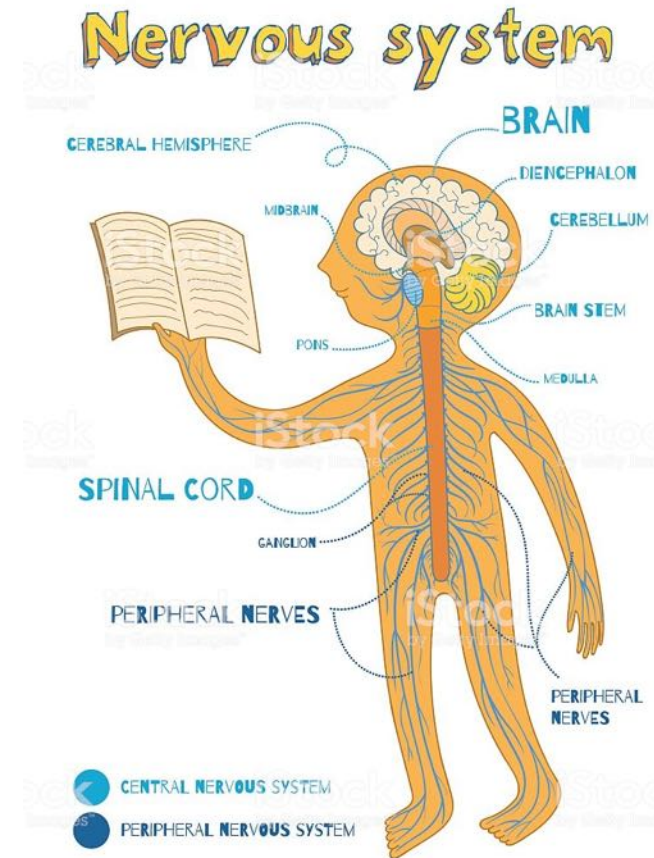


- When the amygdala is scared, it sends signals to the body.
- This is why our hands and legs shake when we are nervous.
- There is a major nerve going from your amygdala to your face and down your stomach making us have stomach cramps and breathe quicker.
- Magic Mustache! (Finger on lips)
- Basket Massage! (Interlace fingers and massage behind the ear)
- Hand, heart, stomach breaths! (Left hand on heart, right hand on stomach and breathe so the stomach lifts.)



# Sensory play

This is how we encounter our world, but many ways that we are used to having are gone. How can we create new ones?

\*We have taken something away, we must replace it or their bodies will return to old habits!

- Hearing- Music and Silence
- Smell- Smelling jars
- Taste- Sweet is calming, mint is exciting.
- Sight- We need to look at beautiful things, art and nature.
- Vestibular- Balance beam outside, jumping rope, standing on one leg, spinning in circles.
- Proprioceptive- (Hugs) Pushups, Wall pushes, self hugs, chair pushes, rubber bands, sensory bands.
- Tactile- fidgets, sand/beans in plastic bags, something soft or scratchy on their desk to rub.



## Let's Play!

When we see the amygdala- lets work on play instead of consequences.

- Bring games into the classroom
  - Tell lots of jokes
  - Read funny stories
  - Watch funny YouTube clips (rare- remember technology can be disconnecting!)
  - Games/songs from Autumn's connection book
  - Have a funny face contest
  - Escape Rooms
  - Creativity- free paint, color, draw
  - Dance Party
  - Go outside and get them moving
  - Sensory play
  - Minute to win it
- 
- When we are laughing we are using a different part of our brain- the part ready for learning and connection!

*Play is  
the highest  
form of research.*  
ALBERT EINSTEIN