

# **PREPARING CHILDREN FOR SUCCESS IN SCHOOL AND LIFE**

*20 Ways to Increase Your Child's Brain Power*



**Testing Your Knowledge of Brain Facts**

**Today's Brain - How Different?**

**Elements of a Brain-based Home Environment**

**40 Developmental Assets<sup>®</sup> for Adolescents**

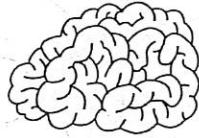
**Neuron – The Memory Cell**

**Brain-compatible Strategies**



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## Testing Your Knowledge of Brain Facts

Respond True (T) or False (F) to the following statements:

1. \_\_\_\_\_ Zero to four years of age is the most rapid period of growth for brain cells.
2. \_\_\_\_\_ Mothers spend an average of 30 minutes per day in meaningful conversation with their children.
3. \_\_\_\_\_ The frontal lobe of the brain matures when your children are in their teens.
4. \_\_\_\_\_ The average attention span of your child's brain is equal to their age in minutes.
5. \_\_\_\_\_ Laughter strengthens the immune system and improves health.
6. \_\_\_\_\_ The amount of sleep the brain needs varies from person to person.
7. \_\_\_\_\_ Talking and moving help the brain remember content.
8. \_\_\_\_\_ Blues, greens, and earth tones are high energy colors.
9. \_\_\_\_\_ Stress is the number one cause of aging.
10. \_\_\_\_\_ Exercise or movement is one of the ten things that enables people to live beyond the age of eighty.

# Elements of a Brain-Based Home Environment

ELEMENTS	BEST/CALMING	WORST/HIGH ENERGY
<p><b>Color</b></p> 	<p>Blue green earth tones pastels</p> <p>Nature</p> <p><i>watch the color you paint the walls!</i></p>	<p>Red Orange Deep Yellow</p> <p>FAST FOOD</p>
<p><b>Music</b></p> 	<p>50-70 beats per minute</p> <p>Classical, Bach, Vivaldi</p> <p>New Age, Jazz</p> <p>Nature Am, Celtic</p> <p>Nature Sounds</p>	<p>110-160 beats per minute</p> <p>Salsa</p> <p>Rhythms &amp; Blues</p> <p>Rock n' Roll</p> <p>Fast Country Music</p>
<p><b>Lighting</b></p> 	<p>Natural light, sun light</p> <p>lamps</p> <p>Candle light</p> <p>fire place light</p>	<p>Florescent - worst makes them hyper.</p> <p>Absence of light = depression, suicide</p>
<p><b>Aroma</b></p> 	<p>lavender</p> <p>vanilla</p> <p>Eucalyptus</p> <p>Camomile</p>	<p>peppermint</p> <p>Citrus - lemon, orange</p> <p>Cinnamon</p>

## 40 Developmental Assets® for Adolescents

(ages 12-18)

<b>External Assets</b>	<b>Support</b> <i>&gt;3 = Strong</i>	1. <b>Family support</b> – Family life provides high levels of love and support. 2. <b>Positive family communication</b> – Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents. 3. <b>Other adult relationships</b> – Young person receives support from three or more non parent adults. 4. <b>Caring neighborhood</b> – Young person experiences caring neighbors. 5. <b>Caring school climate</b> – School provides a caring, encouraging environment. 6. <b>Parent involvement in schooling</b> – Parent(s) are actively involved in helping young person succeed in school.
	<b>Empowerment</b> <i>&gt;2 = Strong</i>	7. <b>Community values youth</b> – Young person perceives that adults in the community value youth. 8. <b>Youth as resources</b> – Young people are given useful roles in the community. 9. <b>Service to others</b> – Young person serves in the community one hour or more per week. 10. <b>Safety</b> – Young person feels safe at home, school, and in the neighborhood.
	<b>Boundaries &amp; Expectations</b> <i>&gt;3 = Strong</i>	11. <b>Family boundaries</b> – Family has clear rules and consequences and monitors the young person's whereabouts. 12. <b>School boundaries</b> – School provides clear rules and consequences. 13. <b>Neighborhood boundaries</b> – Neighbors take responsibility for monitoring young people's behavior. 14. <b>Adult role model</b> – Parent(s) and other adults model positive responsible behavior. 15. <b>Positive peer influence</b> – Young person's best friends model responsible behavior. 16. <b>High expectations</b> – Both parent(s) and teachers encourage the young person to do well.
	<b>Constructive Use of Time</b> <i>&gt;2 = Strong</i>	17. <b>Creative activities</b> – Young person spends three or more hours per week in lessons or practice in music, theater, or other arts. 18. <b>Youth programs</b> – Young person spends three or more hours per week in sports, clubs, or organizations at school and/or community. 19. <b>Religious community</b> – Young person spends one hour or more per week in activities in a religious institution. 20. <b>Time at home</b> – Young person is out with friends "with nothing special to do" two or fewer nights per week.
	<b>Internal Assets</b>	<b>Commitment to Learning</b> <i>&gt;2/3 = Strong</i>
<b>Positive Values</b> <i>&gt;3 = Strong</i>		26. <b>Caring</b> – Young person places high value on helping other people. 27. <b>Equality and social justice</b> – Young person places high value on promoting equality and reducing hunger and poverty. 28. <b>Integrity</b> – Young person acts on convictions and stands up for her or his beliefs. 29. <b>Honesty</b> – Young person "tells the truth even when it is not easy." 30. <b>Responsibility</b> – Young person accepts and takes personal responsibility. 31. <b>Restraint</b> – Young person believes it is important not to be sexually active or use alcohol or other drugs.
<b>Social Competencies</b> <i>&gt;2 or 3 = Strong</i>		32. <b>Planning and decision making</b> – Young person knows how to plan ahead and make choices. 33. <b>Interpersonal competence</b> – Young person has empathy, sensitivity, and friendship skills. 34. <b>Cultural competence</b> – Young person has knowledge of and comfort with people of different cultural/ethnic backgrounds. 35. <b>Resistance skills</b> – Young person can resist negative peer pressure and dangerous situations. 36. <b>Peaceful conflict resolution</b> – Young person seeks to resolve conflict nonviolently.
<b>Positive Identity</b> <i>&gt;2 = Strong</i>		37. <b>Personal power</b> – Young person feels he or she has control over "things that happen to me." 38. <b>Self-esteem</b> – Young person reports having a high self-esteem. 39. <b>Sense of purpose</b> – Young person reports that "my life has a purpose." 40. <b>Positive view of personal future</b> – Young person is optimistic about her or his personal future.

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*pick 3 that you aren't doing that you'd like to add.*

# Neuron The Memory Cell

Talking

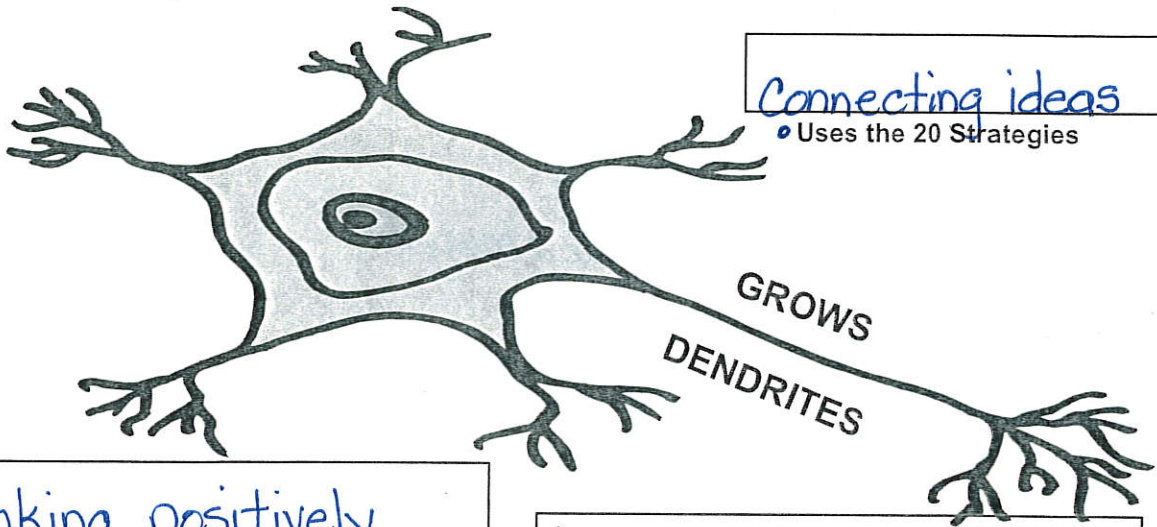
- Builds relationships
- Improves memory

Moving

- Puts information in procedural memory (muscle memory)

Connecting ideas

- Uses the 20 Strategies



thinking positively

- Increases confidence
  - Decreases threat
- anger      stress      fear

having a purpose

- Establishes goals
- Lengthens life

*Emotional bank account:  
making deposits by  
talking, doing things  
together, etc.*

## Brain-Compatible Strategies:

- 1. Brainstorming/Discussion
- 2. □Drawing/Artwork
- 3. Field Trips
- 4. Games
- 5. Graphic Organizers/Semantic Maps/Word Webs
- 6. Humor
- 7. Manipulatives/Experiments/Labs/ Models
- 8. □Metaphors/Analogies/Similes
- 9. Mnemonic Devices
- 10. □Movement
- 11. □Music/Rhythm/Rhyme/Rap
- 12. Project based/Problem-based Instruction
- 13. □Reciprocal Teaching/Cooperative Learning
- 14. Roleplay/Drama/Pantomime/Charades
- 15. □Storytelling
- 16. □Technology
- 17. Visualization/Guided Imagery
- 18. Visuals
- 19. Work Study/Apprenticeships
- 20. Writing/Journals