

## Science Of Behavior; *making the shift to ownership*



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An interactive workshop: providing research-based strategies to educators, parents, and professionals who are baffled by behavior of individuals who seem to lack social awareness, experience difficulty in shifting, and experience meltdowns turning the best planned day into chaos. Tangible strategies shared provide insight to the sensory systems, central & peripheral nervous systems, and the limbic system. Child led identification of environmental triggers are proven to increase expected behavior at school, home, and the community, and increasing opportunities for greater success in learning, social, and emotional development. Increasing self-regulation, social-emotional learning in a safe and inclusive learning environment builds a strong foundation to last a lifetime!

Sharing scientific information regarding the brain and body interactions through our human systems with children are essential by combining components of evidenced-based behavioral strategies, cognitive development, and neuroscience into a teaching framework that supports a child acquiring tools needed to maintain ownership of self-regulation.

### Goal 1: cognitive development and neuroscience

Attendees will be exposed to principles of cognitive development and neuroscience supportive of self-regulation interventions; engage in demystifying dialogue about challenges, identifying and utilizing strategies to remain regulated, planning for socially expected responses when anxiety increases, creating Social Stories to teach and practice requesting a break and expressing needs.

### Goal 2:

Attendees will gain insight to the benefits of implementing evidence-based interventions for school, home, and community using visual supports, Social Stories, video modeling, and hands-on demonstration of the principles of ABA replacement behavior; reinforcing expected responses, and ignoring unexpected responses.

### Goal 3:

Attendees will be provided (1.) visual demonstrations how to apply evidence-based strategies for movement and quiet breaks to support calming and self-regulation and (2.) evidenced-based practices regarding benefits of utilizing sensory tools; applying anchor tools, weighted products, neurological stimulating exercises to regulate, and strategies to introduce sensory products at home, school and community.

Session Deliverables:

Internal Deliverable: viewing behavior as a fight, flight, or freeze response, rather than willful

External Deliverable: making environmental changes in the learning environment to build trust to increase academic and social learning

**Key elements to take away:**

List and define 3 critical sensory systems less commonly known.

1.)

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2.)

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3.)

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Name and identify the important human systems:

1.)

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2.)

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3.)

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What role do the CNS & PNS play in behavior?

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What part of the brain is the Emotional Brain?

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What element in the Emotional Brain is primitive and reacts without thought; fight, flight, freeze?

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What two key factors do humans need to maximize learning in all areas; social/emotional, academics?

1.)

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2.)

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What can be done at home and school to maximize ownership of behavior?

1.)

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2.)

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3.)

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4.)

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5.)

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6.)

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*To Educate The Brain, One Must Know the Science of the Brain*

### The Anchor Teaching Framework



*Innovative. Empowering. Life Changing*

**Plan for 2022/2023 Staff Development**

- ✓ *Social Emotional Learning & Equity anchored in neuroscience*
- ✓ *The Science of the Brain & Body Interactions that Affect Learning & Behavior*
- ✓ *Assuring every student belongs to the Classroom Community; Developing Classroom Partnerships*
  - *Keeper - ownership of one's behavior*
  - *Empathizer - validating self & other's needs*
  - *Mender - reaching out to another*

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*One hour FREE consulting  
10% off Anchor Sensory Tools Upon Staff Development Agreement*

