

Contents

INTRODUCTION.....	7
Chapter One: Nurturing Neurodivergence	8
Shooting Star Strengths	11
Magnificent Me	13
Removing Roadblocks on the Problem-Solving Pathway	15
The 5 Love Languages of Neurodivergence	18
Environmental and Sensory Audit.....	21
Chapter Two: Teaching Students About Their Brains	26
Let’s Label the Parts of Our Brain.....	28
Brain Stoplight.....	32
The Hand Model of the Brain	35
The Staircase Between the Upstairs and Downstairs Brain.....	38
Paving New Neural Pathways	44
Chapter Three: Bottom-Up Co-Regulation Strategies	48
Motion—Mellow—Mental—Mindful	49
Dragon Wings.....	52
Focused Attention Practices	53
Quick Doses of GROUP Bottom-Up Co-Regulation	54
Attention Getters	55
Co-Regulation Scripts.....	56
Chapter Four: Meditation and Mindfulness	58
The Mighty Eagle Guided Meditation	60
Sensation Awareness Exercise	62
Tactile Adventure.....	64
Mindfulness Word Search	66
Chapter Five: Grounding and Gratitude.....	68
Grounding Helpers	69
Gratitude Worksheets and Drawing Prompts.....	71
Grounding Gratitude	76
Glimmers.....	79
Chapter Six: Brain Energizers and Brain Calmers	82
Energizing and Calming Brain Breaks	83
Energizing Brain Breaks	84
Calming Brain Breaks	85

Chapter Seven: Restorative Practices	86
Goal Setting	87
Daily Morning Meetings.....	87
Challenge and Cheer	87
Classroom Norms	88
Circles.....	89
The Telephone Game	91
The Power of Forgiveness	92
Chapter Eight: We Can Widen Our Window of Tolerance.....	94
Stretching My Window.....	95
I Don't Need to be Afraid of Stress	98
Regulation Rescue Plan.....	103
Things That Make Anxiety Worse	105
Chapter Nine: Top-Down Strategies that Strengthen the Pathway to the Upstairs Brain .	108
The Powerful Pause.....	109
Feeling Reflection.....	111
Emotional First Aid	113
Is My Lid About to Flip?.....	115
I am Enough.....	118
Chapter Ten: 10 Strategies to Soothe and Strengthen Our Adult Brain	120
We Can Have Two Truths.....	121
Battery Charging.....	121
Self-Compassion Myths and Mantras	122
Completing the Stress Cycle	123
Identify Who Has Your Back	124
Nature, Phytoncides, and Soil	124
Educator Self-Care Bingo	125
The Good Cry	126
Happiness Triggers.....	127
Doodle and Color.....	127
Chapter Eleven: Crossover Strategies for the Home.....	128
Chapter 2 Home Activity: Homemade Mad Libs™	129
Chapter 3 Home Activity: Muscle Tighten and Release Script.....	130
Chapter 4 Home Activity: Dial It Down	131
Chapter 5 Home Activity: 4-7-8 Breathing Technique.....	132
Chapter 6 Home Activity: Belly Laughs.....	133
Chapter 7 Home Activity: Restorative Practices in the Home.....	134
Chapter 8 Home Activity: Window of Tolerance.....	136
Chapter 9 Home Activity: Story Add and Pass.....	137

Chapter Twelve: Community Care 138

- School Community Care Plan 139
- Proactive and Positive Partnerships with Parents 147
- Positive Parent-Teacher Interviews 147
- Cultural Community Care 149
- Tourist in your Town Event..... 150

Conclusion: Continuing the Work 151

Additional Resources..... 152

Notes 155

About the Author 156

A Brief Look at Ginger’s Workshops..... 157

15-Minute Focus Series 158

About NCYI 160

**See page 154 for information about
Downloadable Resources and Templates.**