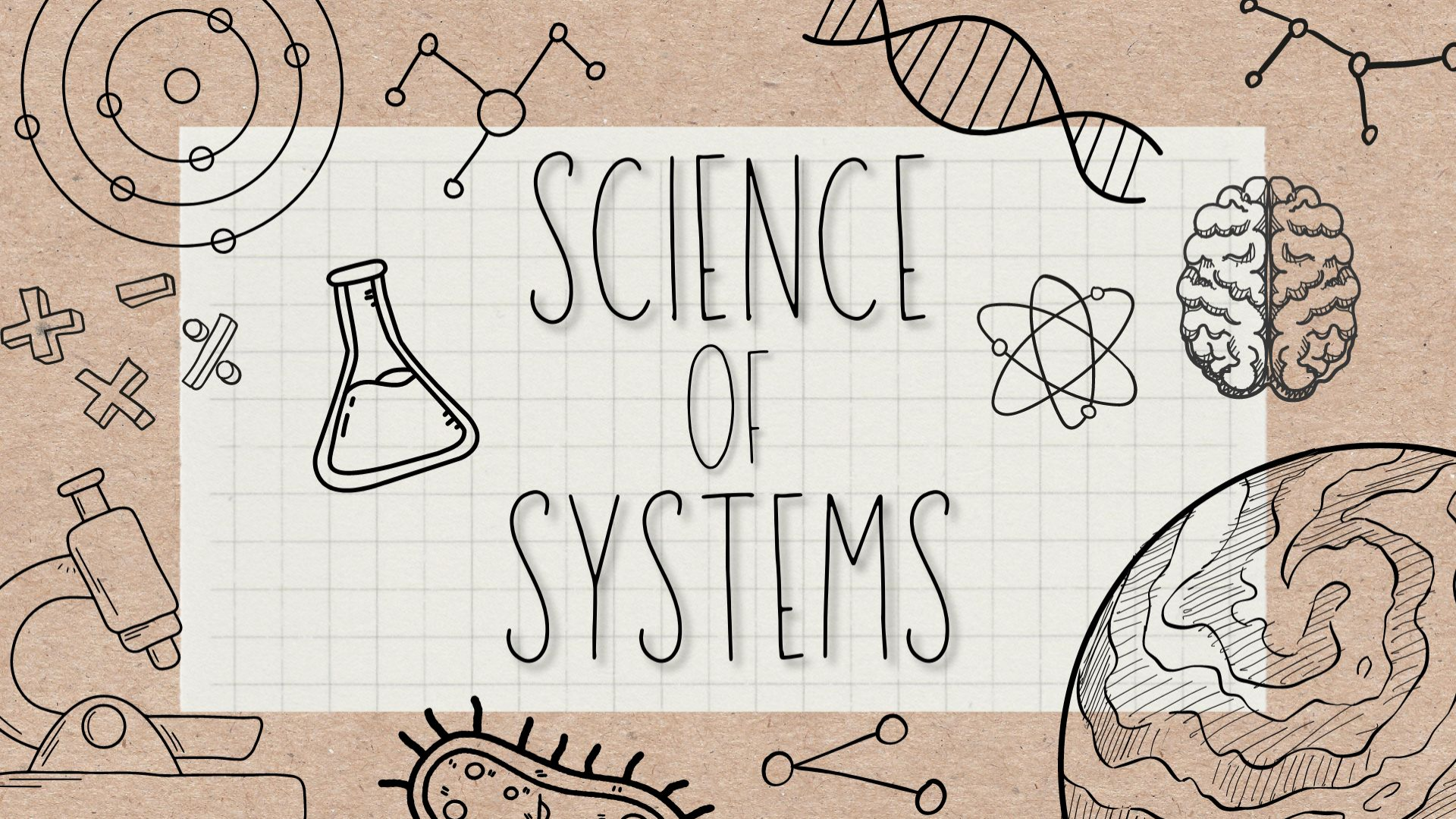
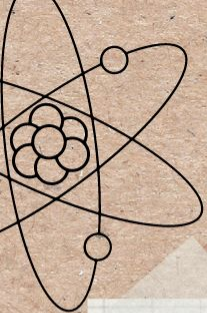
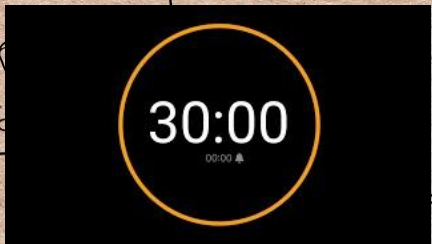


# SCIENCE OF SYSTEMS





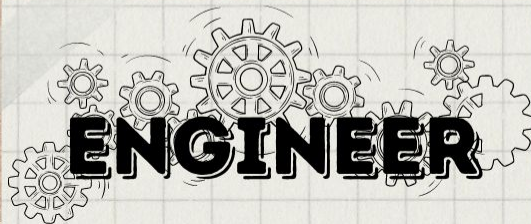
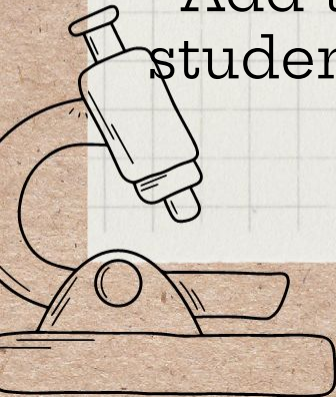
# SKILL STATIONS



Create



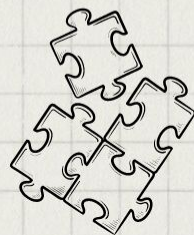
Add task or  
students here



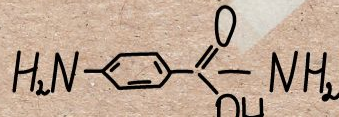
Add task or  
students here

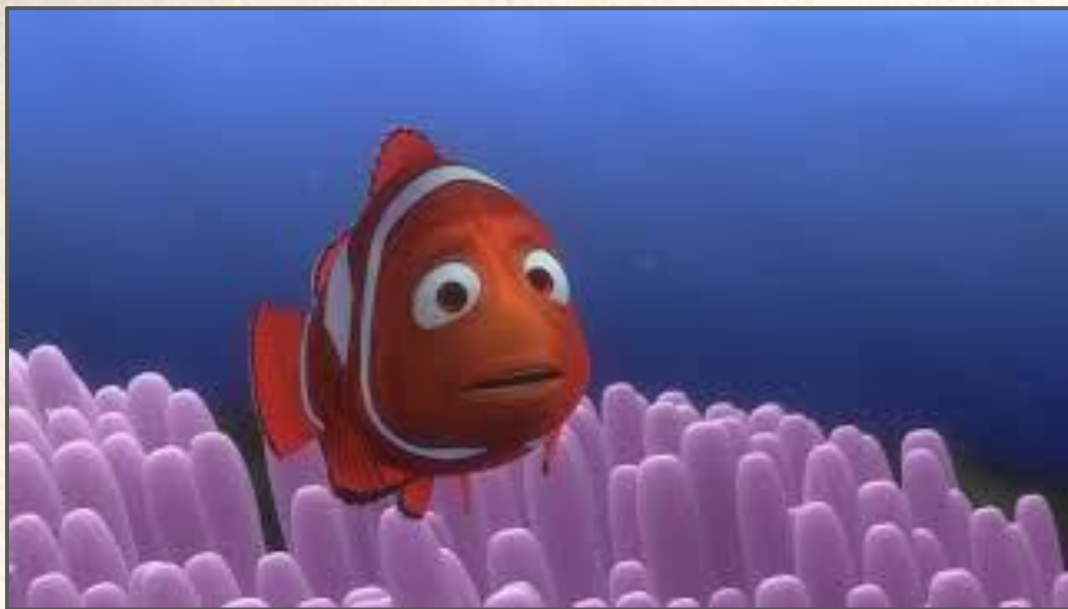


SOLVE



Add task or  
students here

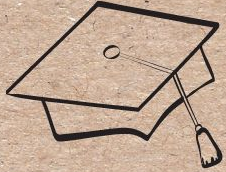




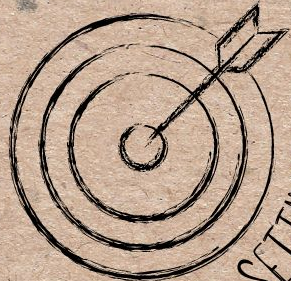
LET'S GET CURIOUS!



# HABITS OF A SCHOLAR



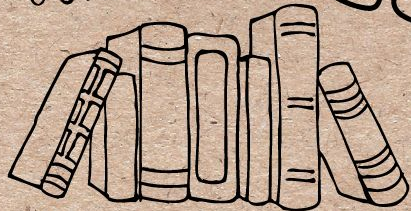
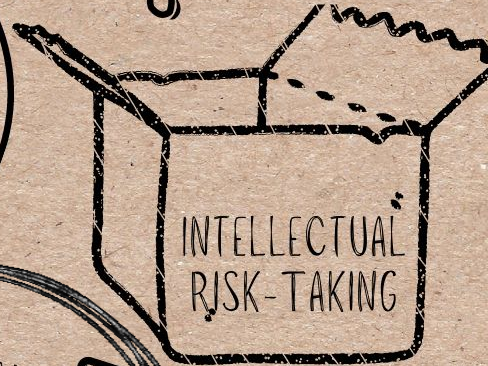
CURIOSITY



GOAL SETTING



PREPARATION



VARIED RESOURCES



EXCELLENCE



SYSTEMS HAVE PARTS THAT  
WORK TO COMPLETE A  
TASK.

SYSTEMS INTERACT.

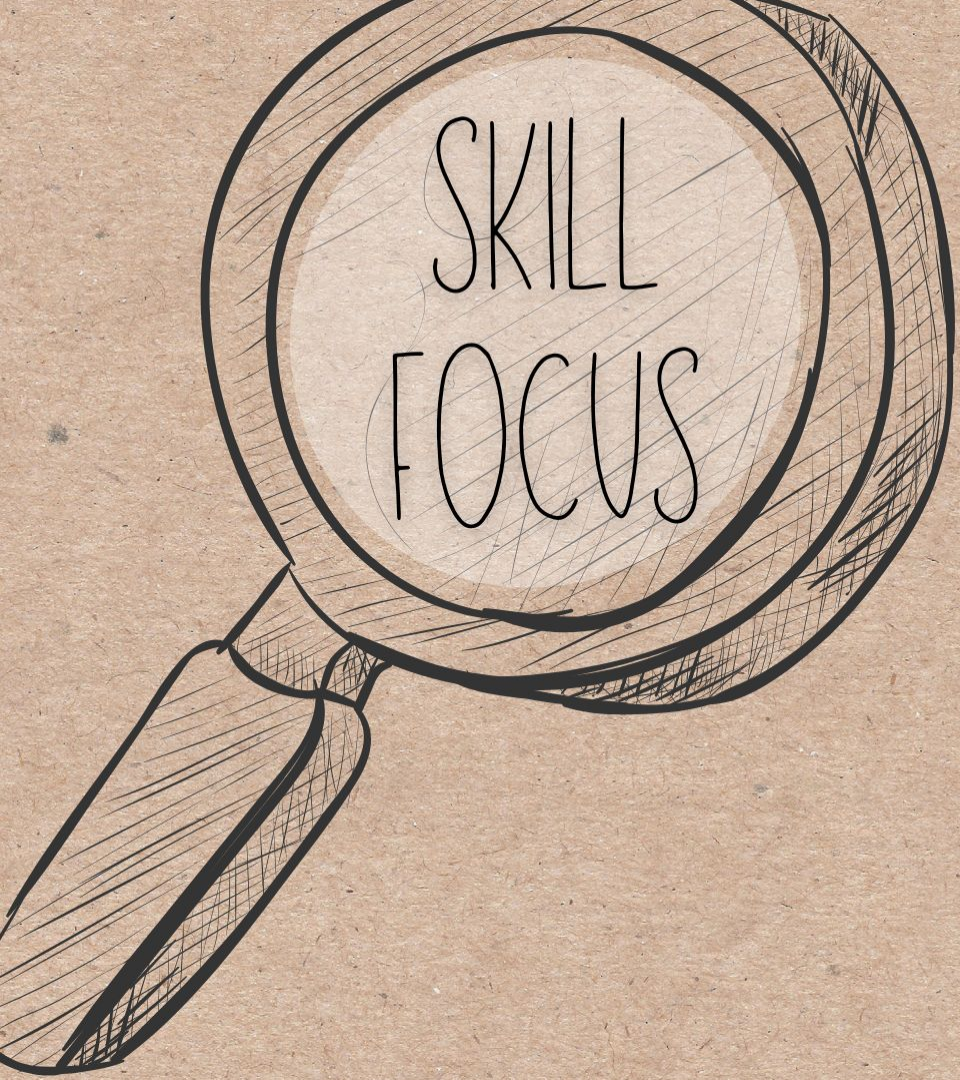
PARTS OF  
SYSTEMS ARE  
INTERDEPENDENT  
UPON ONE  
ANOTHER AND  
FORM SYMBIOTIC  
RELATIONSHIPS.

SYSTEMS  
FOLLOW  
RULES.

**SYSTEMS**   
GENERALIZATIONS

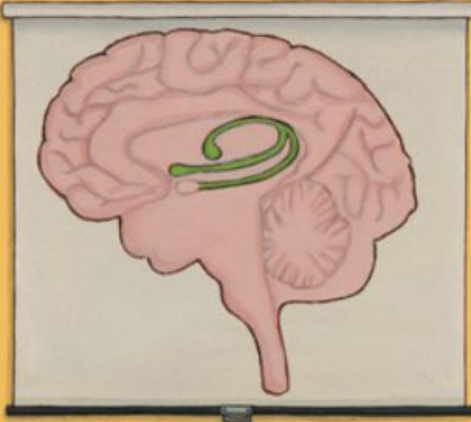
A SYSTEM MAY BE  
INFLUENCED BY OTHER  
SYSTEMS.

SYSTEMS ARE COMPOSED  
OF SUBSYSTEMS.



## Self-Regulation

the ability to understand and manage your behavior and your reactions to feelings, when you feel overwhelmed or flooded with emotions



# Hippocampus

(hip-uh-KAM-pus)

The **Hippocampus** is at the center of your brain. It works like a file cabinet to help you store and find memories.

What are the main parts of the brain, and what are their functions?



What is the function of the amygdala, and what happens when it is damaged?



Hit the gas!



fight, flight

Pump the Brakes!



freeze



**DANGER**

**RROOAR**

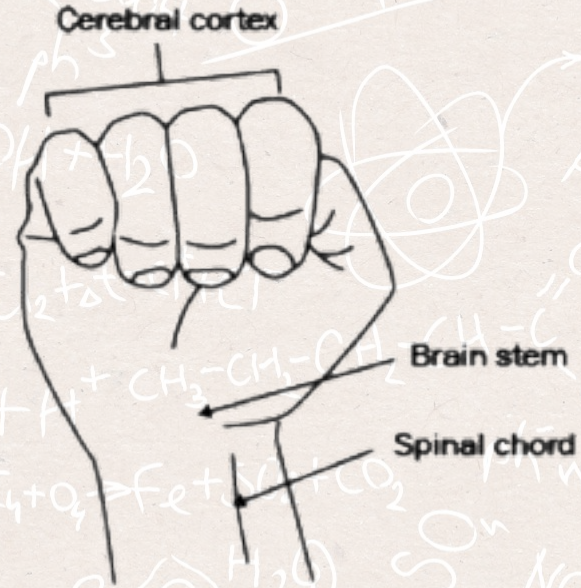
**STRESS**







# Flipping Your Lid



*Hand model courtesy of Dan Siegel*

# How To Reset Your Brain When You're Flooded

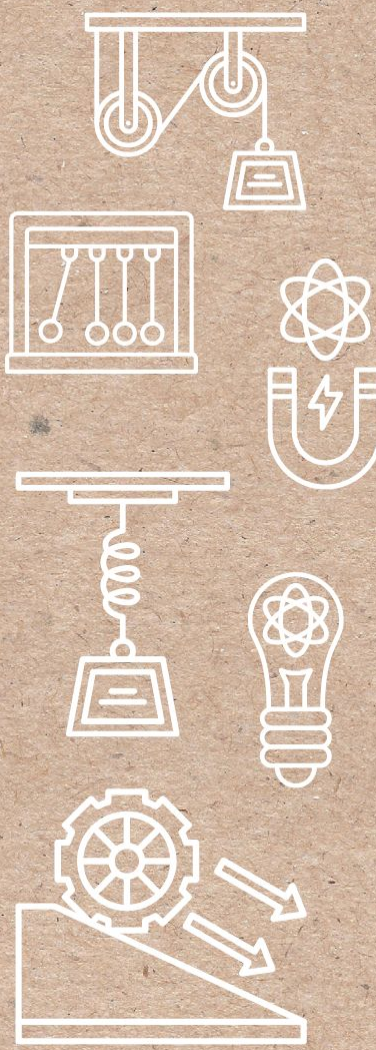
Allison Edwards

Part 2



2:31





**On and Off**

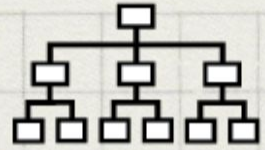
⌚ 4:14

 **Breathe**

 **Share**



# IS IT A SYSTEM?



DOES THE INTERACTION OF THE PARTS PRODUCE AN EFFECT THAT IS DIFFERENT FROM THAT OF ANY PART ON ITS OWN?

ARE THERE PARTS?

DOES IT MATTER HOW THE PARTS ARE ARRANGED?

DO THE PARTS AFFECT EACH OTHER?

DOES THE BEHAVIOR OF THE SYSTEM CHANGE IF A PART IS TAKEN AWAY?

Deep  
Breathing



Drink Water



Count to 10



Take a Walk

Use a Fidget



# COPING STRATEGIES

Hug Someone



Journal or  
Draw



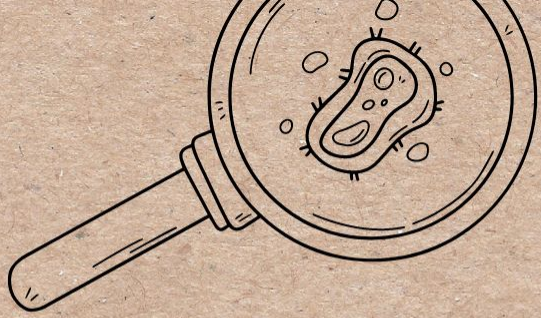
Read

Talk to  
Someone



Listen to  
Music

©Carol Miller



# LET'S REFLECT...

- Are there any emotions that are difficult for you to control?
- How can you use your understanding of the emotional system to help you cope with those emotions?
- How can we use our understanding of fight, flight, and freeze to be more empathetic and compassionate towards others who might be going through a difficult time?