



# Growing Great Kids

**WEBINAR SERIES WITH BOB BOURGAULT**

---

**Part 1:** Social Emotional Learning and the Brain

## Thanks for joining!

We'll begin at 10:00am PST / 1:00 EST

# Today's Presenters



**Linn Sillers**

Co-Founder  
**ParentSquare**



**Bob Bourgault**

Executive Director  
**Almond Acres Charter Academy**

# Agenda



1) To “Grow” Great Kids



2) Brain Basics



3) Neural Connections

## Applications:



*concrete examples of how to implement each concept*





*“When we raise our level of consciousness about self, we improve the art of life.*

*When we raise our level of consciousness about others, we improve the art of living.”*

**ANTONIO DAMASIO**

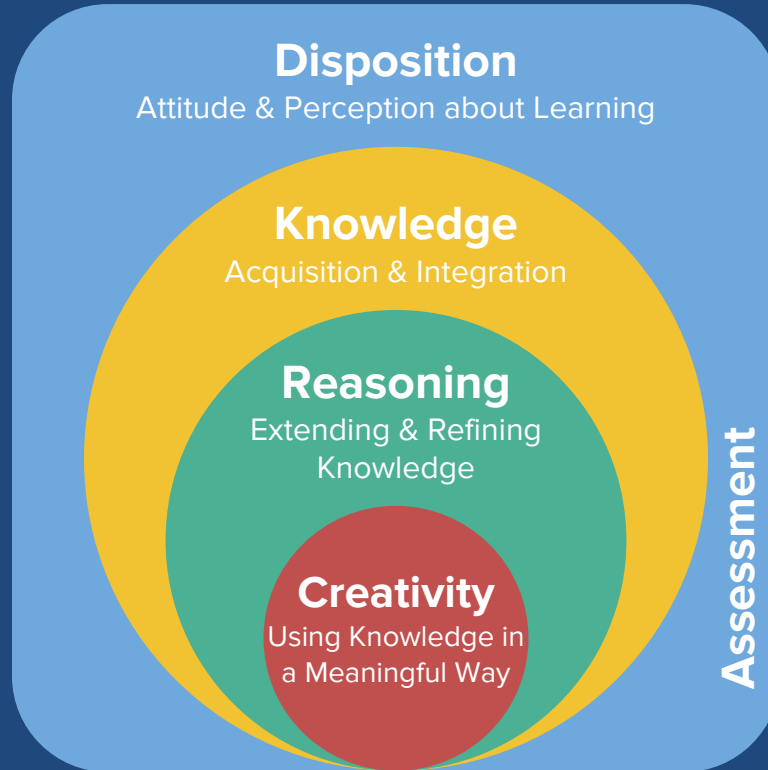
The Feeling of What Happens

# Educate

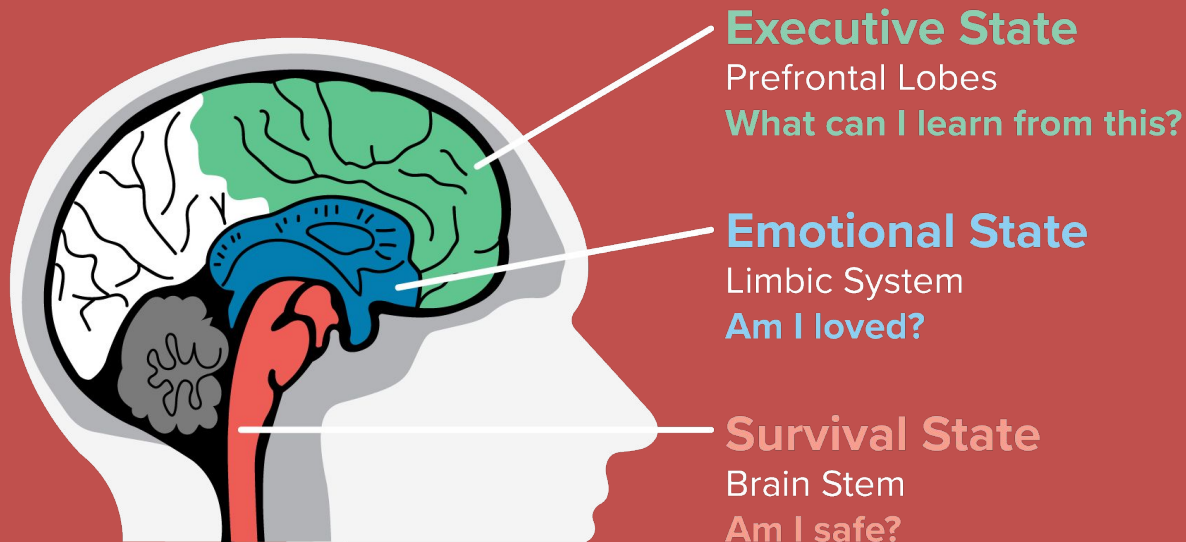
from the verb '*educare*'  
related to *educere* "to draw out"  
(see *educere*).



# Formation of Learning Framework



# Brain Basics



# Applications





## 1: Be a mirror.

- **Be firm, fair, and friendly**

- Get down on their eye level
- Relaxed & open disposition
- Monitor your voice & facial expressions
- Peaceful & accepting emotional state



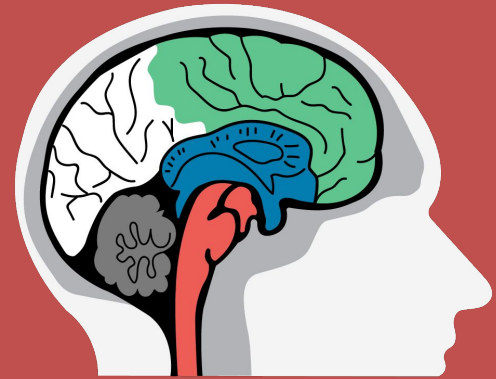
## 2: Name It to Tame It

- Say the name of the feeling
  - Kimochis (Ellen Dodge)
    - Pillow versions make it kinesthetic



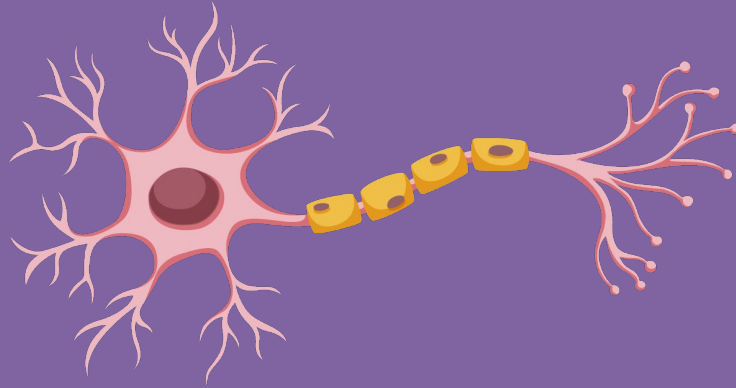
## 3: Get a Grip on the Thinking Brain

- Heart - Who?
- Mind - What & When?
- Body - Where & How?
- Soul - Why?

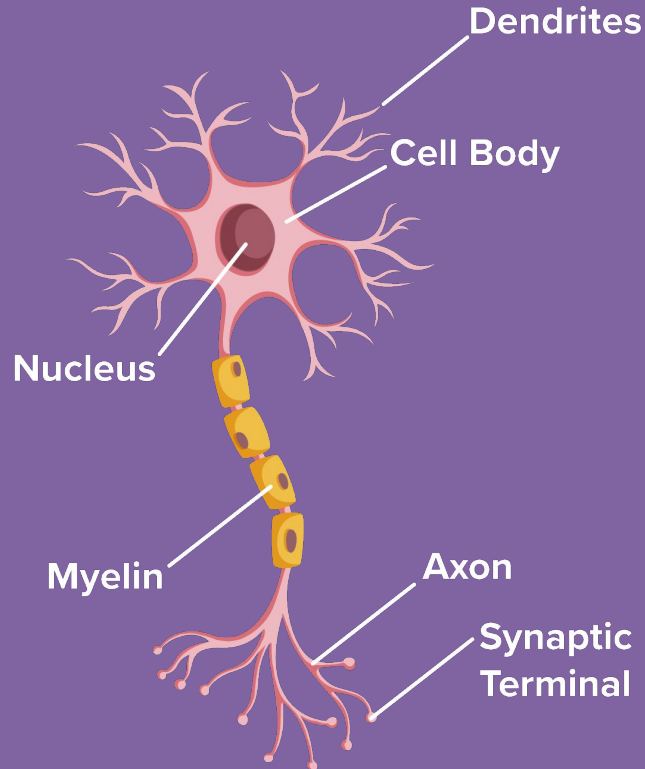


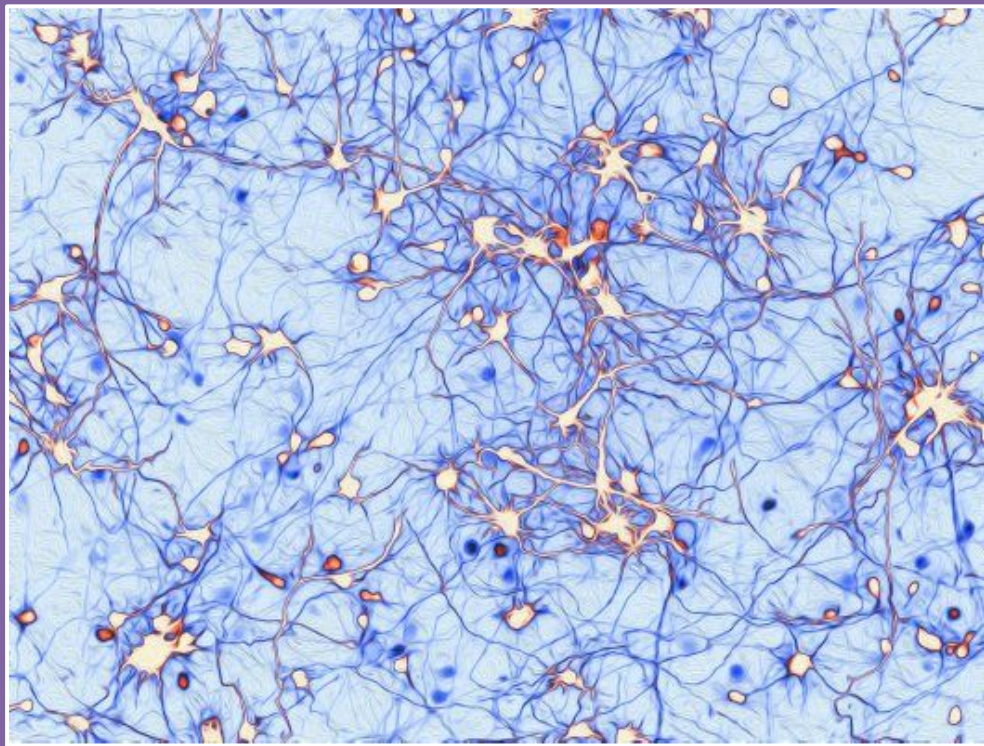
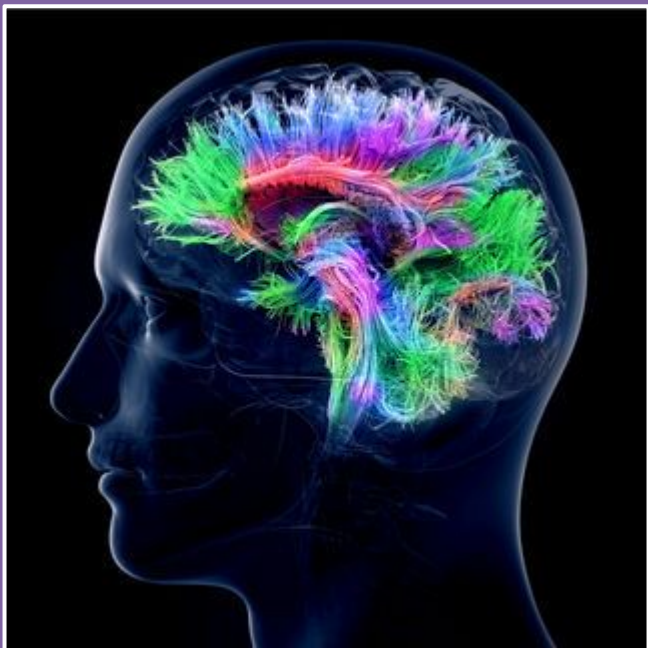
# Neurons & Neural Connections

*What is happening microscopically?*



# Anatomy of a Neuron?





## SOME NEUROTRANSMITTERS AND THEIR FUNCTIONS

Neurotransmitter	Function	Examples of Malfunctions
Acetylcholine (ACh)	Enables muscle action, learning, and memory	Undersupply, as ACh-producing neurons deteriorate, marks Alzheimer's disease
Dopamine	Influences movement, learning, attention, and emotion	Excess dopamine receptor activity linked to schizophrenia; starved of dopamine, the brain produces the tremors and decreased mobility of Parkinson's disease
Serotonin	Affects mood, hunger, sleep, and arousal	Undersupply linked to depression; Prozac and some other antidepressant drugs raise serotonin levels
Norepinephrine	Helps control alertness and arousal	Undersupply can depress mood
GABA (gamma-aminobutyric acid)	A major inhibitory neurotransmitter	Undersupply linked to seizures, tremors, and insomnia
Glutamate	A major excitatory neurotransmitter; involved in memory	Oversupply can overstimulate brain, producing migraines or seizures (which is why some people avoid MSG, monosodium glutamate, in food)



Sow a thought, reap an act.

Sow an act, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny.

**Emerson, Covey, Smiles, Chinese Proverb ???**





# What Does a Healthy Neuron Look Like?

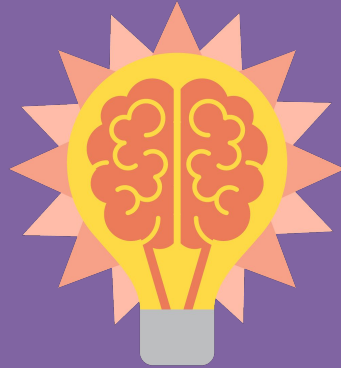


# Applications



# Don't Rob Eureka!

*Neurons: Social-Emotional Intelligence  
on a microscopic level*



# Many Questions - Few Answers

- Cause connection with questions.
- Create the story *and* its sequel.
- Nurture positive, productive & healthy habits.



## Schoolwide Systems

- **Shared Start & The Habit of the Week**
- **Morning meeting in classroom**
  - Discuss thoughts & feelings
  - Using kimochois to “name & tame”
- **Post the habit home**
- **FIX-It Ticket**



# Key Takeaways



## To GROW Great Kids

- To fertilize and nurture



## Brain Basics

- Get it to the frontal lobe!



## Neurons & Neural Connections

- Fertilizing with healthy habits

# What's Next



“Eye-identifying” your learner



Multiple Intelligences



Temperament & Personality









# ParentSquare

Secure, equitable, two-way communication  
platform for all your school communication  
& parent engagement needs

---

## More Information

-  [parentsquare.com](https://parentsquare.com)
-  [blog.parentsquare.com](https://blog.parentsquare.com)
-  [parentsquare](https://facebook.com/parentsquare)
-  [parentsquare](https://twitter.com/parentsquare)

## Sign Up for a Demo

[parentsquare.com/demo](https://parentsquare.com/demo)  
or call **888.496.3168**

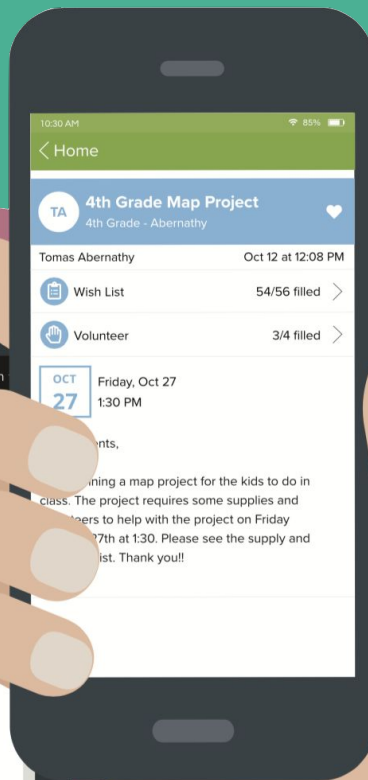
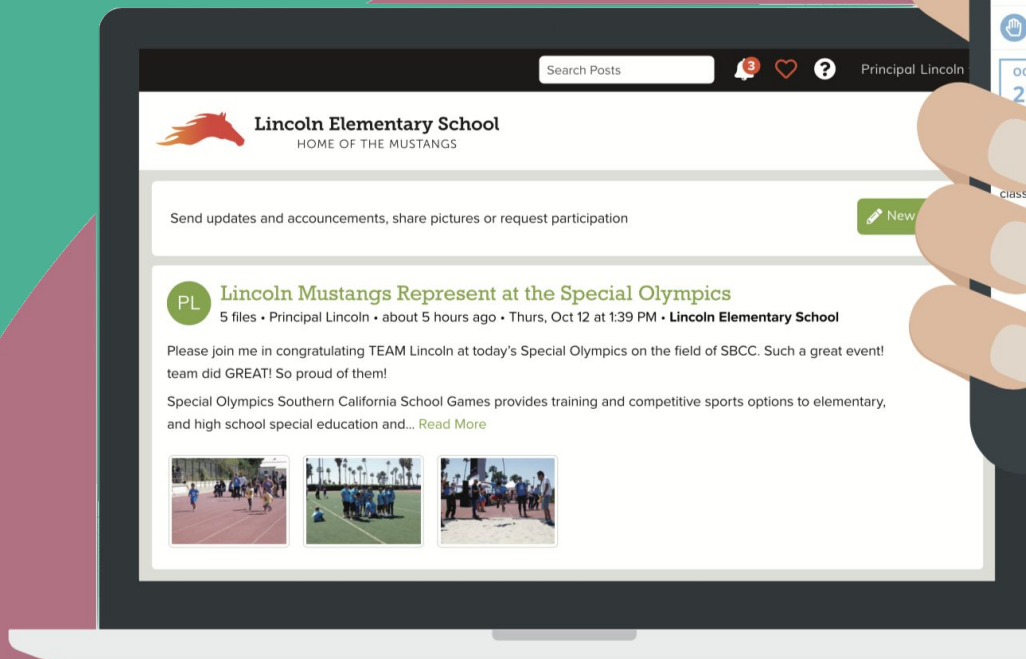
## Questions for Bob

[linn@parentsquare.com](mailto:linn@parentsquare.com)





# ParentSquare



# Mr. B's Habit of the Week - Win-Win with Courage & Compassion / El hábito de la semana del Sr. B: ganar-ganar con coraje y compasión

Robert Bourgault • 10 days ago • Mon, Jan 28 at 6:00 PM • Almond Acres Charter Academy, AACA Board

Our **Leader In Me** habit this week is **Think Win-Win!** How can we think win-win when an episode in life is difficult or defeating. I had two children come to me this morning, both experiencing a lose-win situation on the playground. Each of them felt left-out and alone from friends. One of the most common challenges for kids is to recognize that they may have disrespected a peer and "put them down" emotionally. Thinking win-win is a conscious choice that takes time to mature. People who are naturally interpersonal find this relatively easy and express empathy and compassion without much thinking. But when it isn't natural, it must be nurtured.

*"Win-win is a frame of mind and heart that constantly seeks mutual benefit in all human interaction. Win-win is based on the paradigm that there is plenty for everybody - that one person's success is not achieved at the expense of others." - Stephen Covey*

The two ingredients to nurturing thinking win-win are **compassion** and **courage**. In equal measure, these ingredients cause a win-win result. If I am proactive, beginning with the end in mind, and putting first things first then the natural result will be to think win-win. Compassion helps me to win the trust of a friend and my courage helps me to do the next right thing. Kids need to recognize that the end in mind should be that we lift our family and friends up and not to join them when they act down. One of my children's least favorite phrases I used when they were bickering as **"home court"**. It was a simple phrase that reminded them that if they are being a fan of the home team then they ought to be cheering encouraging words and not put-downs.



Thinking win-win means that:

- we believe in the abundance of goodness in the people around us,
- we balance compassion and courage
- we consider how we can cause a win for others as well as ourselves.

*Believing that there is plenty of wins to go around can help nurture a bit of compassion and courage to go find it.*

## Links

- [Growing Character: Teaching Children About Courage](#)
- [Raising a Compassionate Child](#)



# Valentine's Day P-A-R-T-Y!

9/12 Items • 1 file • [Megan Moerman](#) • about 18 hours ago • Wed, Feb 06 at 5:26 PM • 1st Grade-Moerman

Hello families of room 5!!

We have a FABULOUS parent who is going to coordinate some **fun on Valentine's Day**, which is next Thursday the 14th! Next Thursday, from **9:50-11:10**, the students will rotate between a few fun arts and crafts stations! One station will be making Valentine's Day cards for ECHO :)

**If your student plans on bringing Valentines treats they MUST bring one for every student in class.**

We have 22 students in Room 5. I have attached a PDF of the list of names!

If you would like to donate, come help set up, help take down, and/or donate some items for the arts and crafts please sign up below :)

Thank you so much!!  
Ms. Moerman

[VDAY NAMES pdf.pdf](#)





Wish List			
Thursday, Feb 14			
Valentine's Day themed stickers	0 open 3 filled	<a href="#">Mistica Rodriguez</a> <a href="#">June James Clark</a> <a href="#">Katie Davis</a>	Closed
Pipe Cleaners (preferably red, pink, white)	1 open 2 filled	<a href="#">Stephanie Ulibarri</a> <a href="#">June James Clark</a>	Sign Up
22 bags with handles (for the kiddos to put their treats in)	0 open 1 filled	<a href="#">Natilee Rasmussen-Ivey</a> <a href="#">[redacted]</a> <a href="#">[redacted]</a>	Closed
Volunteers :)	2 open 3 filled	<a href="#">Stephanie Ulibarri</a> <a href="#">Katie Davis</a> <a href="#">Erin Skyler VanNote</a> <a href="#">Erin VanNote</a>	Sign Up



# ParentSquare

Secure, equitable, two-way communication  
platform for all your school communication  
& parent engagement needs

## More Information

-  [parentsquare.com](https://parentsquare.com)
-  [blog.parentsquare.com](https://blog.parentsquare.com)
-  [parentsquare](https://facebook.com/parentsquare)
-  [parentsquare](https://twitter.com/parentsquare)

## Sign Up for a Demo

[parentsquare.com/demo](https://parentsquare.com/demo)  
or call **888.496.3168**

## Questions for Bob

[linn@parentsquare.com](mailto:linn@parentsquare.com)

# References

- **Educators**

- *Kimochis*, E. Dodge - "Feeling language with pillow pals"
- *Personalized Learning*, B. Kallick & B. Zmuda - "Habits of mind"
- *Quantum Learning*, B. DePorter - "Limitless power of the mind"
- *The Growth Mindset Coach*, A. Brock & H. Hundley - "Monthly habits"
- *The Feeling of What Happens*, A. Damasio - "Raising our level of consciousness"
- *Visible Learning*, J. Hattie - "Effect sizes of SEL strategies"
- *Top 10 Achievement Boosters*, E. Jensen - "Stories"
- Association of Supervision & Curriculum Development publications on SEL

- **Parents**

- *The Whole Brain Child*, Payne-Bryson & Siegel - "Name it to tame it"
- *Why Do They Act That Way?*, D. Walsh - "Guided tour of the brain"
- *Brian Rules*, J. Medina - "3-20 times / retention"
- *Switch On Your Brain*, C. Leaf - "Toxic v. healthy habits"

