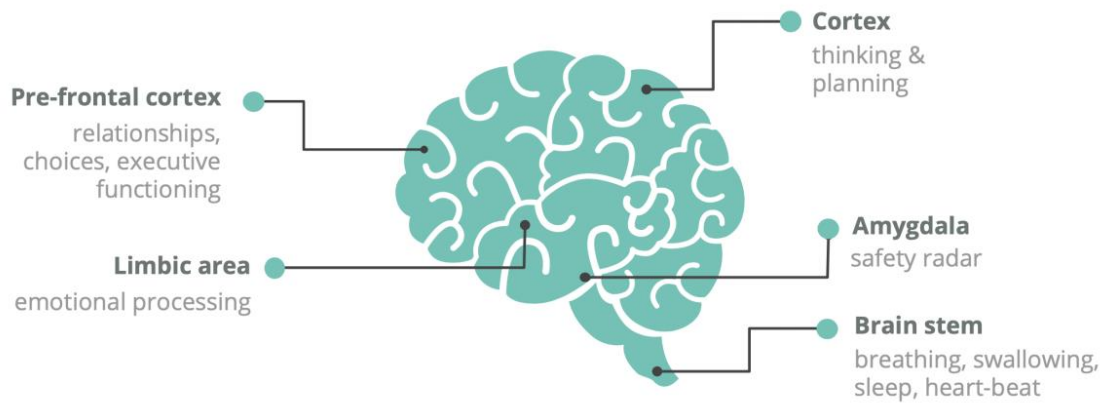
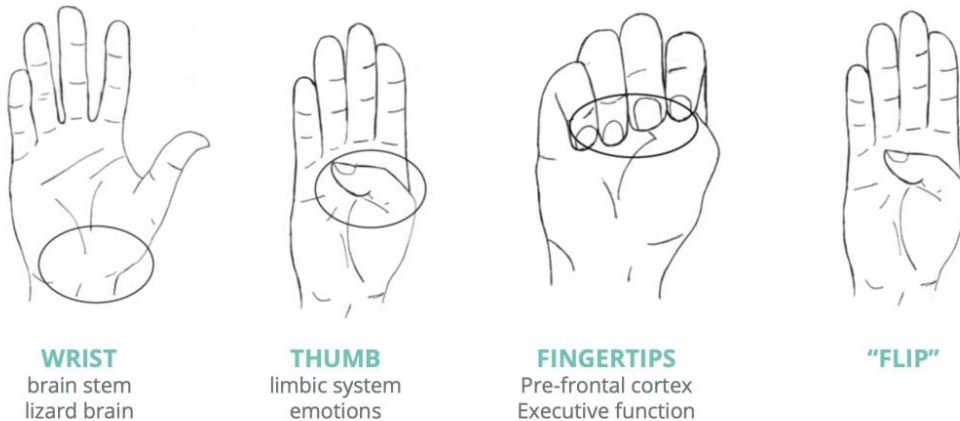


# The Brain



## Brain in the Hand

Watch Dr. Daniel J Siegel's ["The Brain in the Palm of your Hand"](#) video.



Drawings by Jody McVittie

## How might you teach and use Brain in the Palm of the Hand and Self-regulation?

- Self-regulate before co-regulating with student
- Teaching Brain in the Palm to students
- Help students identify feelings
- Provide daily self-regulation practice
- Teach children to use "calming spaces" (restorative time out)
- Other?