

# A "Brain Architects" Guide For Reducing ECE Stressors



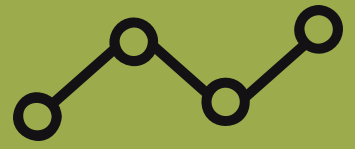
## THEY "USE THEIR WORDS" WISELY



Go silent  
(watch non-verbals too)



Ask questions  
(avoid directing & correcting)

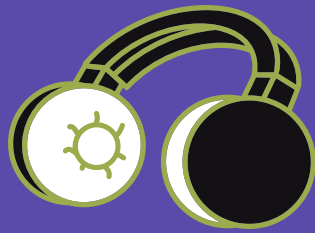


Give visual support  
(limit auditory processing demands)

## THEY "SOOTHE THE SYSTEM"



Offer brain breaks  
(go for a walk, have a drink of water, take a breath)

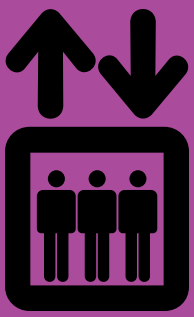


Play soothing music,  
move around, dance!



Show compassion  
(give a hug, share a smile, offer a hand)

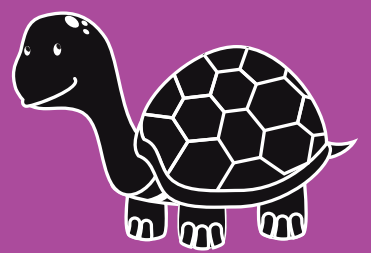
## THEY "REDUCE" TO "RESTORE"



Reduce the size  
of the group



Reduce inputs and  
demands

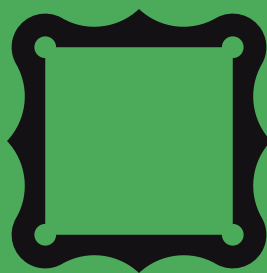


Reduce pace to allow  
for time to process

## THEY "READY" THEMSELVES



Act from "The YES brain"  
- take a breath, be  
curious, & offer a lifeline  
(Siegel & Bryson)



Reframe the situation  
from "misbehavior to  
stress behavior"  
(Shanker)



Attend to basic needs  
for safety, satisfaction,  
& connection  
(Hanson)

