

[Music]
[Austin ISD Brain Lab]
[Introduced by Amy Wells, School Counselor]
[Produced by Megan Butler]
>> Austin ISD Professional School Counselors design Brain Labs to support students
>> Brain Labs are based on concepts from Dr. Bruce Perry's Neurosequential model in education
>> Hi, I am Amy Wells. I am the school counselor here at Becker Elementary in Austin Texas
>> And welcome to our Brain Lab
[In the Brain Lab we learn about our brains and brain states]
[Counselors incorporate strategies from Trust Based Relational Intervention (TBRI)]
>> When we are red, this part of our brain is taking over
[#1 Regulate, relate, reason sequence of engagement from Dr. Bruce Perry]
[Choose an activity]
[Set a Timer]
[Volunteer student jumping up and down, third grade]
>> How is your energy level?
>> How is your body feeling?
>> Student Volunteer, energetic.
>> Regulate, We regulate and discover what works for you!
[Rhythm is regulating]
>> Volunteer Student: When I bang it it goes up to my arm, my head, everywhere top to bottom and it feels very good.
[Scent station]
[Breathing exercises]
[Calming Visuals & Music]
[Sensory Items]
[Cozy, comfortable areas]
[Lighting Options help us regulate]
[We also relate]
[Worry Shredder]
[Student shredded paper/ his worries]
[Shared poetry center]
[Community journals]
[We wish you well board from conscious discipline]
[Community building and restorative circles]
[We reason and reflect]
[Austin ISD brain Labs are for ALL students]
[Request additional counseling visits as needed]
[Change your brain states so you can learn better]
[Counselors implement the 6 R's from NME]
[Back to class rituals]
[Scratch and sniff breathing "takeaway"]
[Professional Learning support is provided by Austin ISD Social Emotional Wellness & Systems Support (SEWSS Department)]
]

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