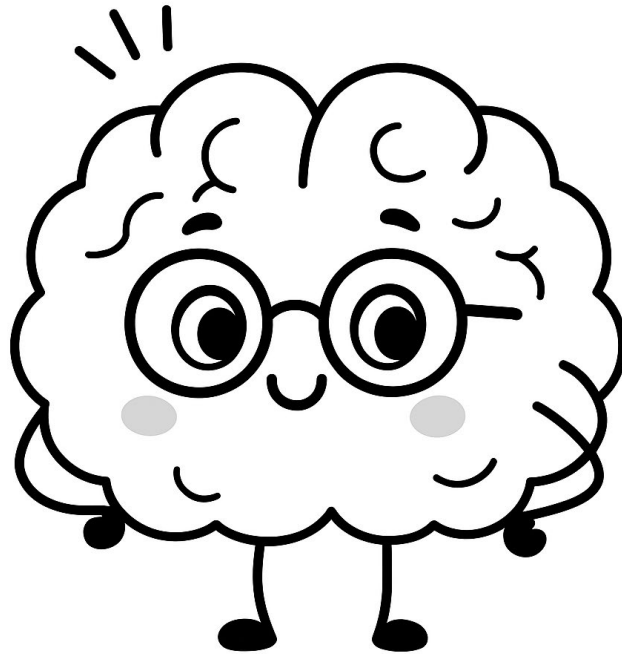


MY CALM BRAIN PLAN



For Teachers

Why Teaching About the Amygdala Matters

Helping students understand their *emotional intelligence brain* builds self-awareness, empathy, and resilience. When students learn how their brain works, they begin to realize that strong emotions are not “bad.” They are messages from the brain that say, “*I need to feel safe.*”

The **amygdala** acts as the brain's alarm. It reacts in less than a second when something feels dangerous, unfair, or overwhelming. When the alarm sounds, the body moves into fight, flight, or freeze. The **prefrontal cortex**, or *thinking brain*, temporarily goes quiet until calm is restored.

When we explain this to students in simple terms: “*My alarm brain is trying to protect me, and my thinking brain helps me solve problems*” we reduce shame and replace it with understanding. Students begin to recognize that they can help their brain recover and learn again.

Encourage students to notice their body signals and explore the tools that help them feel safe and focused. The *My Calm Brain Plan* helps students reflect on what works best for them in different situations, at school, at home, with friends, and during times of stress.

How to Use This Activity:

- Introduce the idea of the *alarm brain* and *thinking brain*. Using the coloring pages to reinforce the concept on page 7 and 8.
- Read aloud the sentence at the top of the student page:
“When my alarm brain rests, my thinking brain does its best.”
- Guide students to check the strategies that already help them and star or circle the ones they'd like to learn more about.
- Invite students to share ideas and create a class calm-down toolbox together.
- Use the reflection section to set small, personal goals for emotional awareness and self-regulation.
- If you want to help students learn more about their brains, check out [The Amazing Brain Workbook for Kids.](#)

My Calm Brain Plan

When my alarm brain rests, my thinking brain does its best.

✓ Check the ones that already work for you.

★ Star or circle the ones you'd like to try or learn more about.

Keeping My Brain Calm at School

- ☐ Take deep breaths or stretch before a big test
- ☐ Ask for a short movement break when I start to feel frustrated
- ☐ Use a quiet fidget or calm-down tool
- ☐ Picture myself doing well before I start something hard
- ☐ Stay organized so I feel ready for the day

Other idea: _____

Keeping My Brain Calm at Home or Before Bed

- ☐ Listen to calm music or read quietly
- ☐ Think of three good things from my day
- ☐ Do slow belly breathing while lying in bed
- ☐ Talk to someone I trust about how I feel
- ☐ Stretch my arms and legs to release energy

Other idea: _____

Keeping My Brain Calm with Friends

- ☐ Take a deep breath before responding
- ☐ Walk away to cool off when I feel upset
- ☐ Use kind words to solve a problem
- ☐ Talk to a friend or adult about what happened
- ☐ Remind myself that mistakes happen in friendships

Other idea: _____

When I Feel Stressed or Worried

- ☐ Take deep breaths or close my eyes for a minute
- ☐ Write or draw about how I feel
- ☐ Think of a calm, safe place
- ☐ Use a fidget, squeeze ball, or stuffed animal
- ☐ Remind myself, "This feeling will pass."

Other idea: _____

When I Feel Angry or Frustrated

- ☐ Step away for a few minutes before talking
- ☐ Count slowly or use a calming phrase
- ☐ Listen to music that helps me cool down
- ☐ Squeeze my hands together, then relax them
- ☐ Take a few slow breaths before I speak

Other idea: _____

When I Feel Sad or Embarrassed

- ☐ Talk to a trusted adult or friend
- ☐ Do something kind or helpful for someone else
- ☐ Wrap myself in a blanket or hold something comforting
- ☐ Remind myself that everyone makes mistakes
- ☐ Take time to breathe and start fresh

Other idea: _____

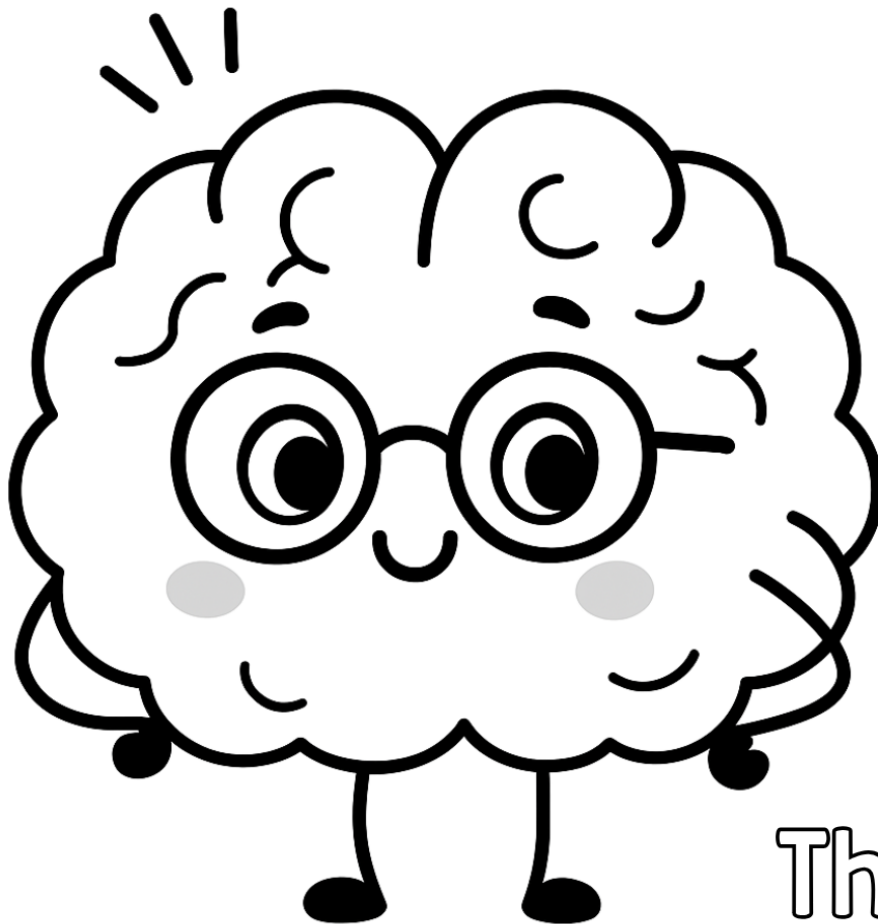
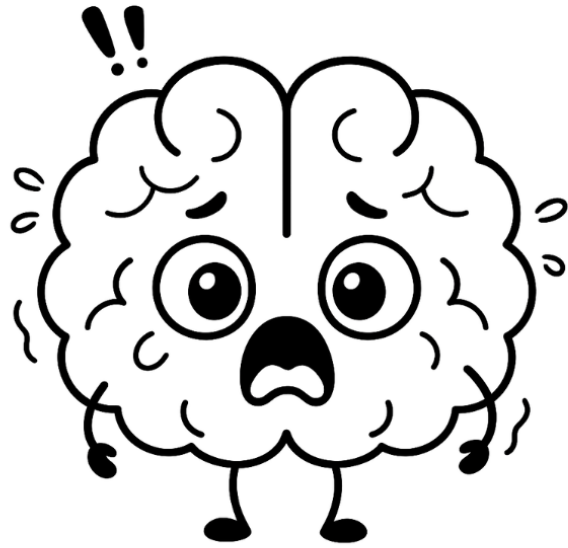
My Calm Brain Reflection

One thing that helps me stay calm is:

One new strategy I'd like to try is:

Someone who helps me when I need support is:

Alarm
Brain



Thinking
Brain

When my alarm brain
rests, my thinking
brain does its best.

