



*New Perspective...New Growth*

## **BRAIN RULES: PLUG IN-TURN ON**

### **RULE #1: Stress is NOT our Friend**

**Stress prevents new information from being learned and learned information from being accessed when needed.**

#### **Practical Applications:**

Classroom climate/environment.  
Breathing techniques - beginning activity.  
Community-building in the classroom.  
One on one peer connections.  
One on one Teacher/Student connection.  
100% buy-in from every adult in the building.  
Stress Reduction Techniques

### **RULE #2: Reticular Activating System needs a reason to stop traffic**

**R.A.S. - Filters ALL incoming stimuli - Decides what to ignore and what to acknowledge.**

#### **Practical Applications:**

Captivate your students.  
Make it relevant to their life.  
Create anticipation, excitement, and curiosity around upcoming topics.  
Use Humor - increases endorphins, epinephrine, dopamine, oxygen.  
Use Visuals and color to reinforce and stimulate.

### **RULE #3: A great divide exists between males and females**

**There are huge differences between male and female brains and how they function.**

#### **Practical Applications for BOYS:**

Keep verbal instructions short with no more than 3 steps...write out instructions.  
Provide differentiated writing assignments when possible. Let boys describe action and events.  
Break down assignment that compartmentalize into small sections.  
Provide more wait time in order for boys to process info and form verbal response.  
Give boys more time to prepare for transition of activities.  
Incorporate competition and movement in lessons - stimulates RAS and increases engagement.  
Provide directions both orally and written...in very small pieces.  
Devote more time to finding books, projects, discussions, activities that interest boys.

Learner's Edge Consulting  
(615) 330-8575



Speaker • Trainer • Author  
[www.TheConnectionCoach.org](http://www.TheConnectionCoach.org)

*Helping schools build stronger connections with every student.*

## BRAIN RULES: PLUG IN-TURN ON, Page 2

### Rule #4: Emotional state controls the motivational 'ON' switch

Emotions are the FAST LANE TO THE BRAIN.

#### Practical Applications:

Greet them! Act like you're glad to see them...even when you're not!!  
Get to know them any way you can - use Student Profiles, casual conversation, etc.  
Keep your sense of humor!!  
Create opportunities for 'little wins'. Praise often!  
Develop a Team Mentality.

### RULE #5: Multiple Storage Files required

Using multiple sources of learning opportunities helps the brain store one piece of information in multiple files.

#### Practical Applications:

Movement enhances learning - most kids from poverty are kinesthetic learners.  
The more senses involved - the more storage files in memory.  
Create multiple ways to learn: act out, story form, dance, draw, cross-subject, teach others, debate, music.  
Make content relevant to their life...connect to things they already know.  
Mental models are powerful.

### RULE #6: Future Stories ROCK!!

Hope and learned optimism changes brain chemistry...influencing both decisions and actions.

#### Practical Applications:

Remind them of their strengths and gifts.  
Hold them accountable for their decisions and their ability to control their destiny.  
Help them embrace the power of possibilities and that one person can make a difference in the world.  
Connect today's actions with future.  
Personal Integrity Account - S Covey.  
Raise the BAR of expectations/achievement.  
Help create a different future story.  
Weekly goal setting.

---

*"We never touch people so lightly that we do not leave a trace." ~ Peggy Millan*

---

## CONNECT WITH TARA:

**Email:** [Tara@TheConnectionCoach.org](mailto:Tara@TheConnectionCoach.org)  
**Twitter:** [@LearnersEdge](https://twitter.com/LearnersEdge)

**YouTube:** [www.TaraOnYouTube.com](http://www.TaraOnYouTube.com)  
**Website:** [www.TheConnectionCoach.org](http://www.TheConnectionCoach.org)

Learner's Edge Consulting  
(615) 330-8575



Speaker • Trainer • Author  
[www.TheConnectionCoach.org](http://www.TheConnectionCoach.org)

*Helping schools build stronger connections with every student.*