

## **Mindful Reflection**

### **Our Brain and the Mind-Body Connection**

As an individual or with your study group, respond to the mindful reflection questions.

- Are you implementing any instructional strategies to help students focus, feel secure, and be confident?
- What do your students know about neuroscience and their brains?
- How can you incorporate understanding of the interconnectivity of stress and emotions into your classroom?
- How comfortable do you feel teaching about the three major brain parts that are directly related to stress?
- When you sense that students are under considerable stress, what steps will you take to help relieve their stress?