

Mindful Reflection Executive Functioning

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

- What are the implications of what we know about stress and executive functioning for improving teacher sensitivity, building student security, and helping students who have been traumatized?
- What two or three tools, procedures, or activities can teachers use to help alleviate stress and improve executive functioning?
- Are you implementing any brain-based games in your classrooms? If so, which ones and how are you using them? How useful are they?
- Of the activities mentioned, which are you considering for your classrooms?
- What additional information do you need to integrate the knowledge and strategies we present in this book into your instruction?