

COACHING GUIDEBOOK

# Brain-Compatible Teaching & Learning

Session Four: Rewards & Negative Thoughts

Led by  
Gail Boushey



*Coaching Series*

LIVE  
MONTHLY  
MEMBER BENEFIT

# Hello there!

I recently interviewed Dr. John Medina and he said that teaching is one of the only professions in which the members don't study (in school) the very thing they are trying to shape—the brain.

And, because we think it is extremely important to let brain research influence our teaching practice, we are going deeper on six concepts mentioned in the interview in our summer coaching sessions. This is the fourth session and you can access the previous three sessions in this series by following the link below.

Use this guidebook to collect your thoughts and aha moments throughout the session. Thanks for being here today!

*Gail*

## Additional Resources



**Full Interview with  
Gail Boushey and  
Dr. John Medina**



**Coaching Series**  
LIVE  
MONTHLY  
MEMBER BENEFIT

**Future and Past  
Coaching Sessions**

Based on the brain...why is the *new* scarier than the *now*?

We \_\_\_\_\_ change. We are really \_\_\_\_\_ at it.

You can be more successful in changing and forming a new habit by keeping these two concepts in mind:

1. \_\_\_\_\_
2. \_\_\_\_\_

When starting Daily 5 and/or CAFE, what will make it more *convenient*?

How will you add *delight* while build new habits in your classroom?

How long does it take for a new habit to form?

- A. 2-3 months
- B. 254 days
- C. 21 days

If you have a negative thought, what is the first thing you need to do—immediately:

How will you apply this new learning to your classroom?