

COACHING GUIDEBOOK

# Brain-Compatible Teaching & Learning

Session Two: Finding Control

Led by  
Gail Boushey



*Coaching Series*

LIVE  
MONTHLY  
MEMBER BENEFIT

# Welcome back!

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 to go deeper on six concepts mentioned in the interview in upcoming coaching sessions.

Two weeks ago, we met to discuss the first concept, The 10 Minute Rule. Today we'll learn to "Find Control" when our brains are stressed.

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

A handwritten signature in black ink that reads "Gail". The script is fluid and cursive, with a large, looping 'G' and a simple 'ail'.

**What is your one word that defines this school year?**

**Why did you choose this word?**

**Dr. John Medina and others have found it isn't the stressful stimulus that bothers most people, it is the ability to feel in control of the stress. The most harmful stress is when:**

1. You can't control the \_\_\_\_\_
2. You can't control the \_\_\_\_\_

**Feeling like you have some control is the key to managing stress from any source. Choice is one way students can exert control in the class.**

**During Daily 5 students have these choices:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**What other ways do you offer your students choice?**

**Another way to re-exert control is through breathing. Here are the steps for the Five-Finger Deep-Breathing Technique.**

## Notes

### Five-Finger Deep Breathing Technique

Deep breathe in, first  
finger goes up on both  
hands, breathe out.

Deep breathe in,  
second fingers go up,  
breathe out.

Repeat three more rounds with three, four,  
and five fingers, until all five fingers are up.

Deep breathe in, left  
and right fingertips  
touch, breathe out.

Final breathe in,  
palms open and  
relaxed, breathe out.



## Your turn!

**Brainstorm ways that you can re-exert control in your classroom and in your life.**

## Additional Resources



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

### Coaching Series

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### Future and Past Coaching Sessions



### b-Resilient at The Daily CAFE

Articles for improving and  
maintaining health and wellness.

Deciding the Setting for Instruction	Sessions, not Rotations. Here's Why	Finding Effective Math Games	Keep Track of Happiness
<b>ARTICLE</b> Take a look at what questions we ask ourselves when deciding.	<b>ARTICLE</b> Discover the difference between rotations, centers, stations, and what is truly Daily 5.	<b>ARTICLE</b> Take a look at our suggestions for finding effective and meaningful math games to use during Math Daily 3.	<b>B-RESILIENT</b> Carol Moehrle encourages us to define and keep a list that describes happiness.

### Sign up for the Tip of the Week