



# The Brain-Based Classroom

Building Calm, Connection, and Regulation at School to Maximise the Social-Emotional Development and Learning Potential of all Students

*A professional development seminar for teachers and school professionals.*

With profound advances in modern neuroscience, we now have a deep understanding of the neural foundations of behaviour, regulation, relating and learning. By applying this knowledge to the classroom, educators are in a unique and powerful position to provide the relationships and experiences that will support regulation, strengthen students against anxiety, reduce challenging behaviour, support social and emotional development, and maximise the learning potential of all children. This workshop will translate the latest neuroscientific theory into actionable, relatable, practical strategies and insights to support the strengthening of all children. Participants will learn the foundations of calm and connection in the classroom, how to build relationships with children that heal, protect, and strengthen, and the techniques to build a more regulated, more connected, more learning-ready classroom.

- how the learning brain develops,
- the essential conditions that will 'switch on' the learning brain,
- how trauma, stress, or anxiety impact the learning brain,
- the neural foundations of behaviour, learning, and emotion,
- how to reduce the incidents of challenging behaviour in the classroom,
- how to respond to big behaviour and distress to effect immediate and long-term changes,
- the neuroscience of calm, connection, and regulation,
- the techniques that will support a more regulated, learning-ready classroom,
- how to build relationships that protect, heal and strengthen all children,
- the brain-body relationship, why physiology matters and how to use this to nurture a learning-ready state,
- why environment matters - the relationship between sensory input, learning, and behaviour,
- the strategies to build calm and open children to learning,
- how to support educators to support the students in their care, and why prioritising the care of educators is essential for a regulated, learning-ready classroom.



## About Karen Young

Karen began her career as a psychologist working extensively with children, teens and families. She is a sought-after speaker and consultant and works with schools, government bodies, and child and adolescent focused organisations both in Australia and overseas to build resources, implement procedures, and support the professional development of staff. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety. She is the author of three books, including the bestselling 'Hey Warrior', which creatively assist children to understand and manage anxiety.