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BRAIN HEALTH & WELLBEING

EDUCATOR

Description

Why do educators have one of the highest burnout rates of any profession? This module aims to gently guide educators in prioritizing their brain health to support overall wellbeing and prevent burnout. They will explore the importance of nutrition, setting compassionate boundaries while learning to embrace the power of reframing negative thought patterns to overcome challenges. By refining communication and selfadvocacy skills, educators can naturally enhance their confidence to navigate obstacles with ease, thus fostering success in all areas of life.



STUDENT

Description

In this module, students unleash their brain's potential. They explore how nurturing it can help them reach their dreams. They learn about the gut-brain connection, how to fuel their brain with the right nutrients and navigate stress effectively. They discover the power of positive words self-talk and how to overcome negative thought patterns. They improve communication and self advocacy skills to conquer challenges. With these tools, they'll be ready to tackle anything.



Executive Function Skills

Focused Attention Emotional Control
Working Memory Stress Management

Executive Function Skills

Focused Attention Self Awareness
Emotional Control Impulse Control

Educator Topics: Brain's Most Important Job | The Gut-Brain Axis | Brain Foods to Thrive | Words Have Power | The Healthy Mind Platter | Squashing ANTs | Self Advocacy for Wellbeing | Healthy Brain Classroom

Format

- A toolkit for each educator to individualize and document their Brain Health & Wellbeing toolkit.
- Guided, self-paced professional development to learn more about Brain Health, the power of our words and thoughts, and how The Healthy Mind Platter can support overall wellbeing.
- Printable posters for your classroom or office.
- "Explore More" Teacher Resource Sections to complement and extend professional growth.
- Easy access points to all student teaching videos and toolkit.

Time: 2 Hours

Earn another Executive Function Coach badge and "Brain Health and Wellbeing" Certificate of Completion, complete with documented hours to add to your professional portfolio.

Student Topics: Brain's Most Important Job | The Gut-Brain Connection | Brain Fuel for Company Brain | Don't be a Bad Apple | The Healthy Mind Platter | Amy'G's Stress Plan | Squashing ANTs | Self Advocacy

Format

- A digital and printable portfolio for each student to organize, customize and capture their Brain Health and Wellbeing toolkit.
- Professionally recorded teaching videos for each topic featuring Samantha Woods, Kaizen's founder.
- Engaging and creative brain warm-ups and interactive and practical hands-on learning activities for students to care for their brain now and throughout life.
- Printable posters and visuals for classroom reference.
- Short quizzes that check for understanding while clearly explaining the correct answers.
- Oodles of proven brain tools and strategies for students to quickly and immediately implement to begin to exercise their wellbeing muscles.
- Extension opportunities to keep the executive brain function learning going!

Time: 3 Hours

Earn another Brain Hub Academy badge and "Brain Health and Wellbeing" Certificate of Completion.