

Supporting Parents Webinar Series

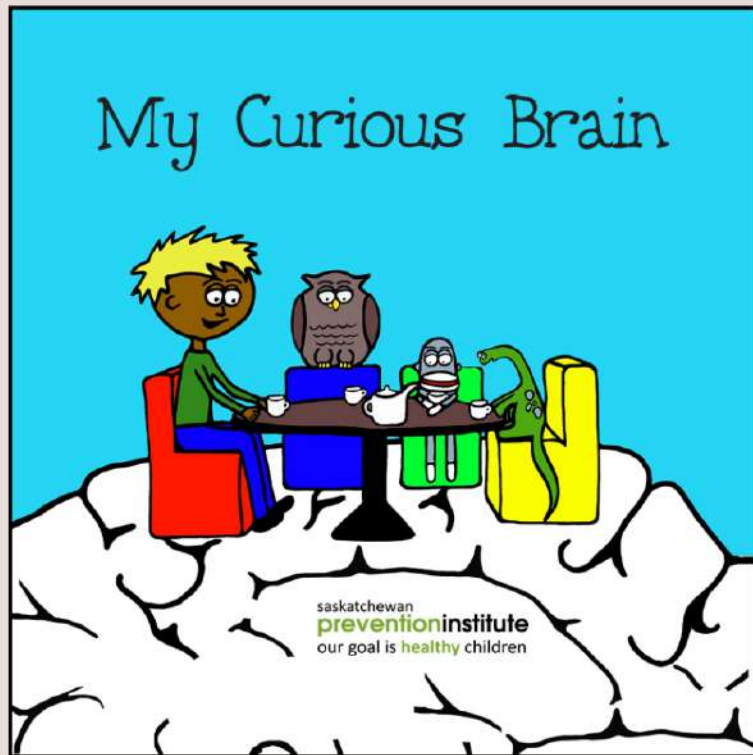
# Stress Awareness and My Curious Brain

February 11, 2025

Jackie Eaton & Connie Herman

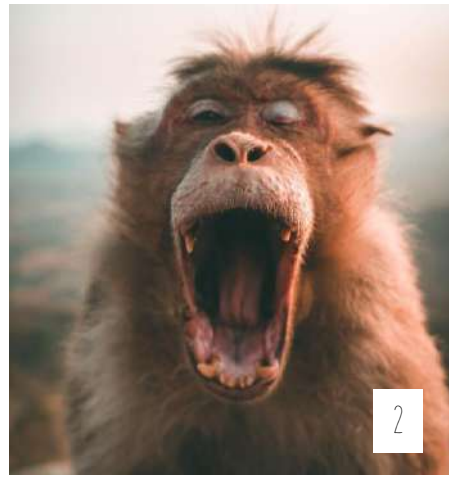


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our goal is **healthy** children





The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, the ancestral territories of the Nēhiyawak, Nēhithawak, Nēhinawak, Anishinabek, Nakawe, Dakota, Lakota, Nakota, Dene, and the homeland of the Métis. We recognize that these lands are currently inhabited by Indigenous people from across Turtle Island including many other First Nations and Inuit peoples and acknowledge the importance of the treaties, the lasting impacts of colonization, and continued inequities. We are dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people and are grateful to live, work, and play on this land.



*On this monkey scale - how do you feel today?*

# Objectives

1

Discuss what happens in our brain, body, emotions, and behaviours when we experience stress.

2

Explore the concepts of stress, self-regulation, and co-regulation.

3

Share the *My Curious Brain* book, Resource Room, and User Guide.

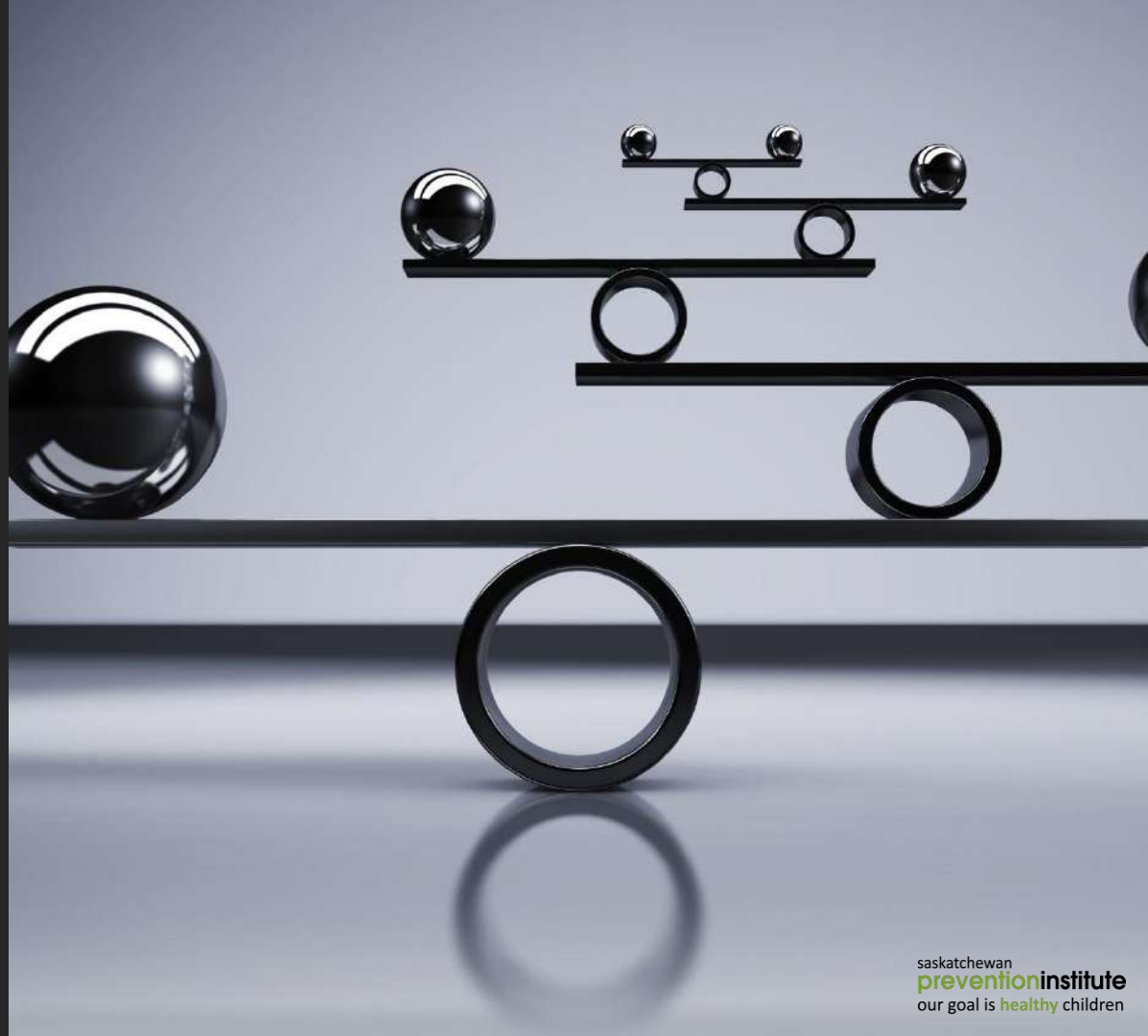
What come to  
mind when you  
hear the word  
“stress”?



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*“Stress is anything that requires our internal systems to burn energy in order to maintain some sort of internal balance.”*

– Dr. Stuart Shanker



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# STRESS VOLCANO ACTIVITY



# Unexpected Challenges

*It's not misbehaviour,  
it is stress behaviour.  
- Dr. Stuart Shanker*



*Trying to control & fix*

**Assumptions & Judgements**



**Stress Detective**

*Trying to understand & connect*

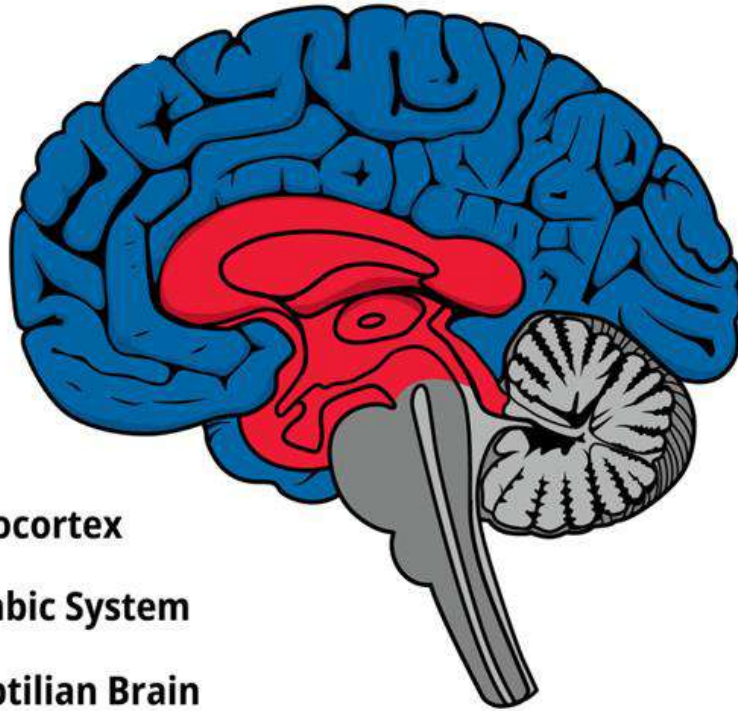


Learning difficulties  
Behaviour issues  
Health issues



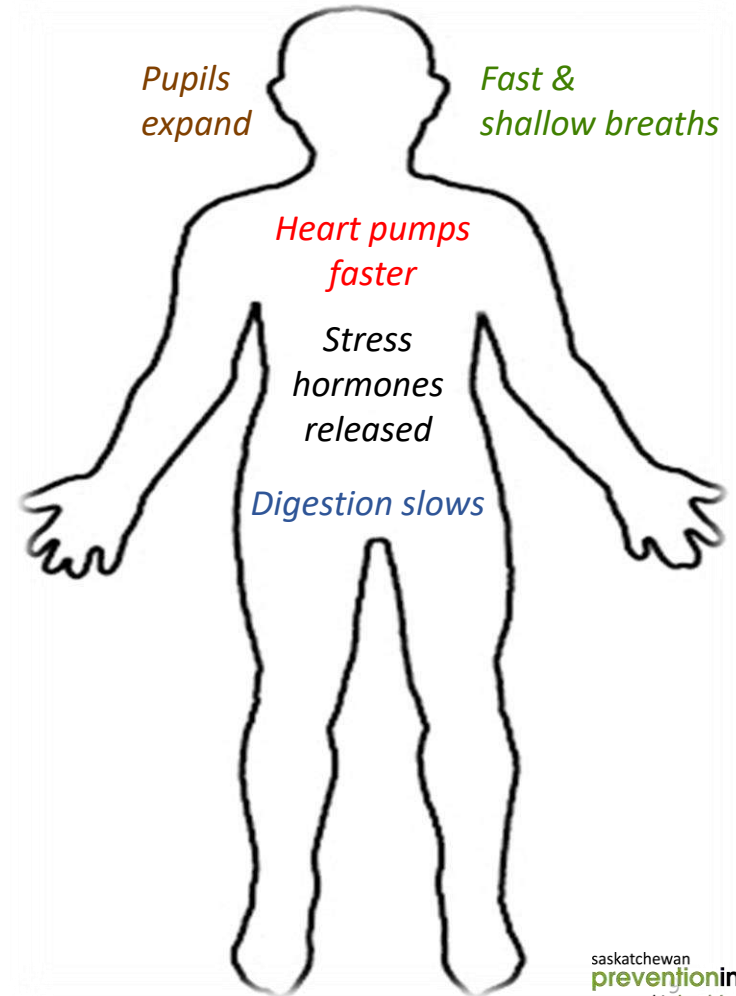


# Stress & the Nervous System



- Neocortex
- Limbic System
- Reptilian Brain

Adapted by The MEHRIT Centre from Paul MacLean's 1960s Triune Brain Model





**LOW ENERGY  
&  
LOW TENSION**



**LOW ENERGY  
&  
HIGH TENSION**



**BALANCED  
ENERGY &  
TENSION**



**HIGH  
ENERGY  
& HIGH  
TENSION**



**HIGH  
ENERGY  
& HIGH  
TENSION**

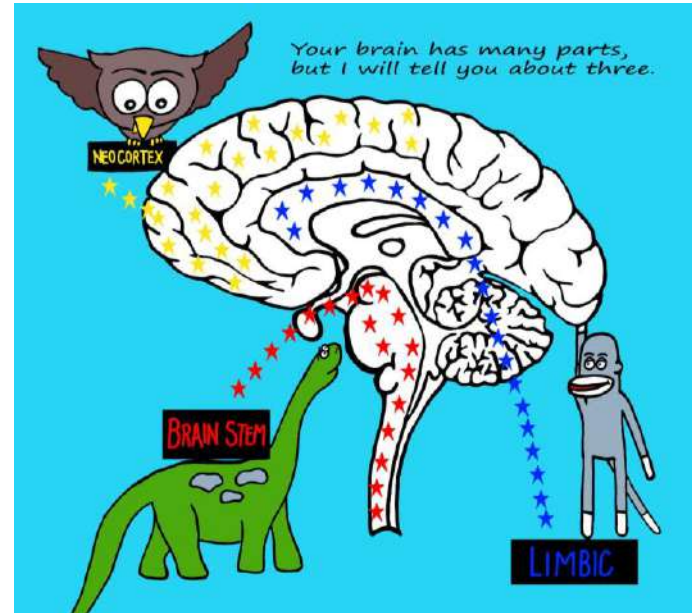
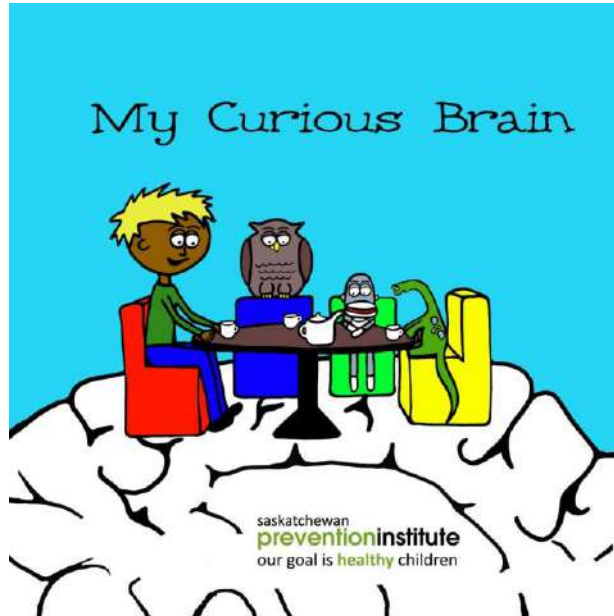
## States of Energy and Tension

# Stress Awareness Moment



# My Curious Brain

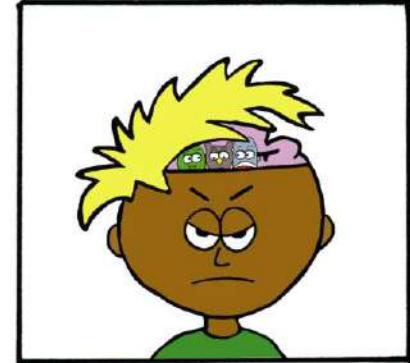
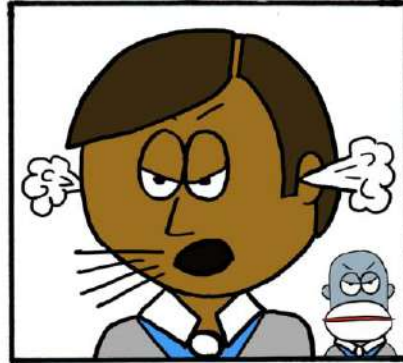
provides a common language



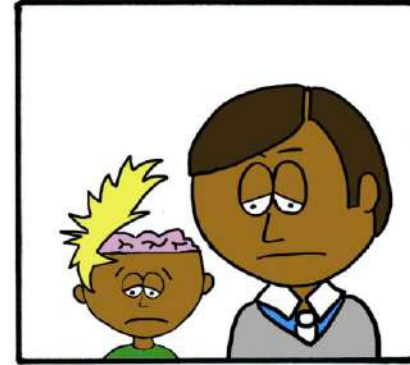
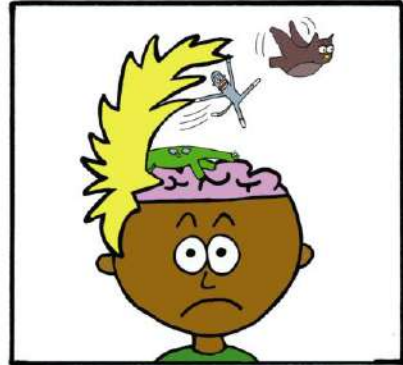


*When my monkey brain isn't okay,  
it is hard for your monkey brain to be okay.*

*Humans are wired  
to connect.*

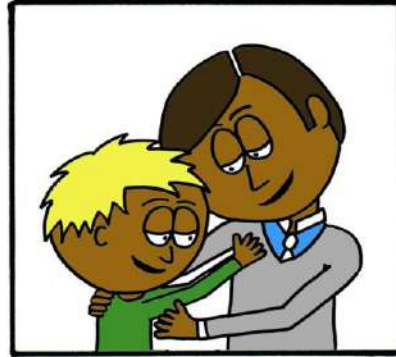
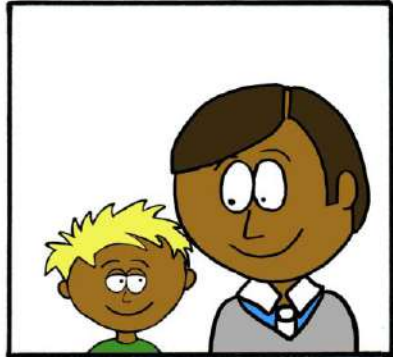
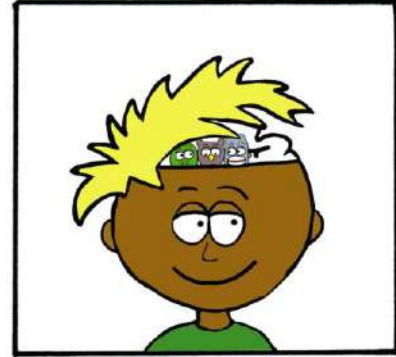
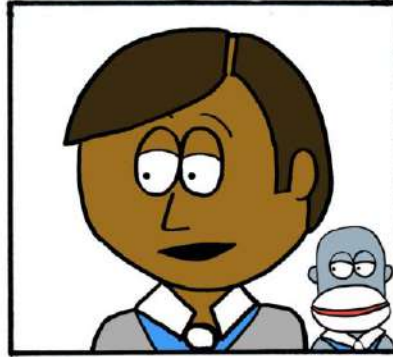


*Stress is  
contagious.*



*I can help your monkey brain  
by keeping my monkey brain calm.*

*Calm is also  
contagious.*





"Self-regulation refers to how well we manage stress, how much energy we expend, and how well we recover."

- Dr. Stuart Shanker





Co-regulation is how we help others to manage stress and reduce energy and tension.

Adults need to first self-regulate before they can co-regulate with children.

## My Curious Brain

*My Curious Brain* sparks children's curiosity about how the brain works. The different parts of the brain are represented by the instinctual dinosaur, the emotional monkey, and the wise owl. The story offers children and adults a fun and interesting way to gain a greater understanding of how the brain develops, how it processes emotions, and how to deal with those emotions.

When people experience big emotions, it can be difficult for the brain to work as well as it does when it is calm, happy, and relaxed. *My Curious Brain* illustrates how to practice calming the instinctual dinosaur and the emotional monkey, in order to help access the wise owl.

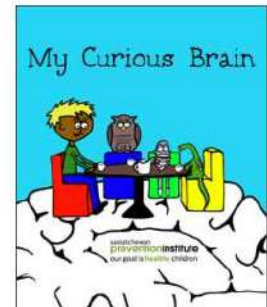
The following resources provide parents, teachers, and caregivers with tools to support brain health for children.



Access the  
My Curious Brain Resource Room



Register for access to the  
My Curious Brain User Guide



Order the  
My Curious Brain book

# My Curious Brain Resource Room



# My Curious Brain User Guide

## Virtual Platform - Padlet

Padlet

SP3 + 2 x 90

### MY CURIOUS BRAIN USER GUIDE

Made with curiosity and intentions for well-being

**WELCOME**

The My Curious Brain User Guide was designed for educators and service providers who are using the My Curious Brain Resource Room with children and parents/caregivers.

Within this virtual guide you will find:

- Videos that provide background information on the brain, stress, and self-regulation.
- Practical strategies and activities to personalize the information shared.
- Facilitator PowerPoint and speaker notes on the Triune Brain, Stress Awareness, and Self-Regulation and Co-Regulation.

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1319 Colony Street  
Saskatoon, SK S7N 2Z1  
Phone: 306-651-4300  
Email: [info@skprevention.ca](mailto:info@skprevention.ca)  
Website: [www.skprevention.ca](http://www.skprevention.ca)

**Learning Objectives for User Guide**

1. Gain information and tools to share with children and parents/caregivers about how the brain works.
2. Understand the meaning of stress and how the stress response system affects body and mind.
3. Learn how co-regulation, attachment, and healthy brain development are closely linked.
4. Practice self-regulation strategies to help parents/caregivers and children.

**How to Navigate the User Guide**

The virtual My Curious Brain User Guide uses the Padlet platform. Click on the pictures to access videos, resources, and activities.

**My Curious Brain Resource Room Link**

[skprevention.ca](http://skprevention.ca)

Click to access the My Curious Brain Resource Room.

**Exploring the Human Brain Resources**

Padlet - sp3

The resources found in this section discuss human brain development and provide easy ways to discuss the brain with children and families.

**My Curious Brain Activities and Resources**

Padlet - sp3

This section provides a variety of child-friendly activities explaining the different parts of brain.

**My Curious Brain EBook**

Video - 06:20

Get to know the characters that represent the different parts of your brain.

**Stress Awareness Resources**

Padlet - sp3

The resources found in this section explain how we experience stress in our brain, body, and behaviour.

**Attachment, Self-Regulation, and Co-Regulation Resources**

Padlet - sp3

The resources found in this section explain how we manage our stress, create attachments, and support others to reduce their stress.

# Smell the Flower, Blow Out the Candle



# My Curious Brain Resource Room

## A Fun Way for Children to Learn about Their Brain

Interactive activities, colouring pages, and videos to increase young children's understanding of what happens in our brain and body when we experience stress.



To access this resource, visit: <https://skprevention.ca/my-curious-brain-virtual-resource-room-1/> or scan the QR code.



1319 Colony Street, Saskatoon, SK S7N 2Z1 • Bus: 306-651-4300 • [www.skprevention.ca](http://www.skprevention.ca) • RESOURCE 5-507 02/2022



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What is one key  
takeaway that stood  
out for you ?



Jackie Eaton  
Community Action Program for Children  
Training & Education Coordinator  
[jeaton@skprevention.ca](mailto:jeaton@skprevention.ca)

Connie Herman  
Nobody's Perfect Parenting Coordinator  
[cherman@skprevention.ca](mailto:cherman@skprevention.ca)

saskatchewan  
**preventioninstitute**  
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[www.skprevention.ca](http://www.skprevention.ca)