

Refrigerator Sheet:
The Yes Brain
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- **Yes Brain**
 - Flexible, curious, resilient, willing to try new things and even make mistakes.
 - Open to the world and relationships, helping us relate to others and understand ourselves.
 - Leads to true success because it prioritizes the *inner* world of a child and looks for ways to challenge the child’s whole brain to reach its potential.
- **No Brain**
 - Reactive and fearful, rigid and shut down, worrying that it might make a mistake.
 - Might lead to gold stars and external success, but does so by rigidly adhering to convention and the status quo and becoming good at pleasing others, to the detriment of curiosity and joy.

The Four Fundamentals of the Yes Brain

- **Balance:** a skill to be learned that creates emotional stability and regulation of the body and brain
 - Leads to the *green zone*, where kids feel calm and in control of their bodies and decisions.
 - When kids are upset they may leave the green zone and enter the revved-up, chaotic red zone, or the shut-down, rigid blue zone.
 - Parents can create balance by finding the “integration sweet spot.” Avoid being too differentiated, or too linked.
 - *Balance Strategy #1:* Maximize the ZZZ’s—Provide enough sleep.
 - *Balance Strategy #2:* Serve a Healthy Mind Platter—Balance the family’s schedule.
- **Resilience:** a state of resourcefulness that lets us move through challenges with strength and clarity
 - Short-term goal: Balance (getting back in the green zone). Long-term goal: Resilience (*expanding* the green zone). Both goals lead to the ability to bounce back from adversity.
 - Behavior is communication, so instead of focusing solely on extinguishing problematic behavior, listen to the message, then build skills.
 - Sometimes kids need pushin’, and sometimes they need cushion.
 - *Resilience Strategy #1:* Shower your kids with the Four S’s—Help them feel **Safe, Seen, Soothed, and Secure.**
 - *Resilience Strategy #2:* Teach mindsight skills—Show kids how to shift their perspectives so they are not victims to their emotions and circumstances.
- **Insight:** the ability to look within and understand ourselves, then use what we learn to make good decisions and be more in control of our lives
 - The observer and the observed: Be the spectator observing the player on the field.
 - The power is in the pause that lets us *choose* how we respond to a situation.
 - *Insight Strategy #1:* Reframe pain—Ask kids, “Which struggle do you prefer?”
 - *Insight Strategy #2:* Avoid the Red Volcano Eruption—Teach kids to pause *before* erupting.
- **Empathy:** the perspective that allows us to keep in mind that each of us is not only a *me*, but part of an interconnected *we* as well
 - Like the other skills, empathy can be learned through daily interactions and experiences.
 - It’s about understanding the perspective of another, *as well as* caring enough to take action to make things better.
 - *Empathy Strategy #1:* Hone the “Empathy Radar”—Activate the social engagement system.
 - *Empathy Strategy #2:* Establish a Language of Empathy—Provide a vocabulary that communicates care.
 - *Empathy Strategy #3:* Expand the Circle of Concern—Increase kids’ awareness of people outside their most intimate connections.