

CONVENTIONAL WISDOM VS. BRAIN SCIENCE

CONVENTION SAYS

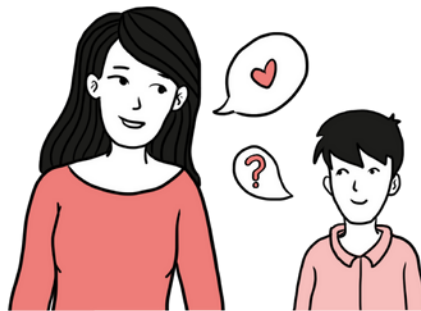
- ◇ Children should sit still.
- ◇ Children should control their emotions.
- ◇ Children should look but not touch.
- ◇ Children should be willing to share.
- ◇ Children should pay attention.

BRAIN SCIENCE SAYS

- ◇ Children need to **move**.
- ◇ Children **need help** learning to regulate their emotions.
- ◇ Children learn through **exploration**.
- ◇ Children **need help** to understand the needs of others.
- ◇ Children need **practice** to remember and master new skills.

⇒ *THE RATIONAL DECISION-MAKING FRONTAL LOBE OF THE BRAIN IS NOT FULLY FORMED UNTIL AGE 25!* ⇐

The science is clear: we should not expect our children to be mini-adults.



IF WE WANT OUR CHILDREN TO GROW INTO HEALTHY, SECURE, SUCCESSFUL ADULTS, WE MUST FIRST GIVE THEM THE **SPACE AND SUPPORT NEEDED TO BE CHILDREN.**

Emotional Intelligence Kit

Ages 5-11

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!"
- Katharine B.



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