

Understanding and Using Our Four Brains Early Childhood Education Strategies & Signs

Our Emotional & Creative Brain

Our Emotional Brain is located in the Right Brain area. This is the area of the brain that recognizes facial, emotional, musical, color, pictorial, intuition, and creative expressions. Research indicates that our young children spend almost **60%** of their time in the Emotional Brain. Our Emotional Brain is reactionary, meaning that logic usage associated with the left side of the brain is at our lowest when we use our emotional brain for decision making. Children tend to react immediately without thinking about the potential consequences of their action when they use this Right Brain area.

Our Logical Analytical Brain

Our Logical Brain is located within the left hemisphere. This is the area of the brain that recognizes spoken language, logic, critical thinking, analytical thinking, numbers, and reasoning. Research indicates that our young children spend only about **25%** of their time in the logical area. As children develop so does their use of their Logical Brain. Science tells us that using our Logical Brain helps us to self-regulate our emotions. Learning to use logic helps us solve problems, complete mathematical equations, deal effectively with peers, and more.

Our Heart Brain

The Heart Brain in many cultures is considered the source of emotions, passion, and wisdom. It is believed that people feel they experience the sensation of love and other emotional states in the area of the heart. Science has shown us that in fact the heart communicates with the Emotional Brain and significantly impacts how we perceive and react to the world.

Our Gut Brain

The Gut Brain is commonly referred to as our “second brain” and it influences both our behavior and well being. The Gut Brain is a mass of neural tissue, filled with important neurotransmitters that directly connect our Gut Brain to our Emotional Brain. The Gut Brain is equipped to work independently of the Emotional or Logical Brain. The Gut Brain also transmits information to our Emotional and Logical Brain by altering emotional moods and our reactions to stressful situations.

Social, Emotional, and Academic Learning (SEAL)

Currently, only 40% of children starting kindergarten are rated by their teachers as being socially and emotionally ready for elementary school. This greatly impacts their behavior and potential for academic success. Sign language also can be used to facilitate this social and emotional learning, as well as to increase their peer relations and communications skills. Together these skills help to set the needed trajectory to prepare children for scholastic and life success.

Early Childhood Social and Emotional Patterns

The Speaker

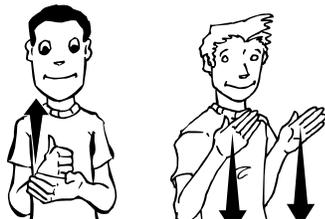
Patterns: The speaker loves to talk to others, and learns through communication.

Maximizing Learning: Dedicate time to listening to them, have them communicate class instructions to others, and allow them to verbally participate in circle time and other activities.



speak

person



help

person

The Helper

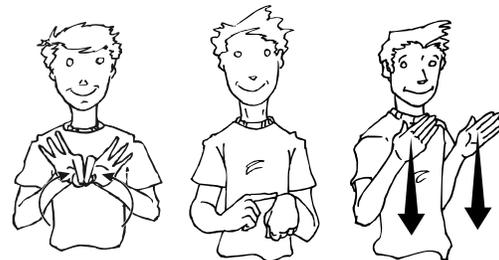
Patterns: The helper loves to serve others.

Maximizing Learning: Have them assist with setup, cleanup, and leading of activities; have them buddy with new, shy, or special needs students; have them run errands in class; and give them verbal and visual praise daily.

The Time Keeper

Patterns: The time keeper loves spending time in the company of others.

Maximizing Learning: Have them participate in group activities, give them individual attention to reinforce their learning and behavior, take walks as a group, and give the gift of yourself, your time.



value

time

person



gift

person

The Gifter

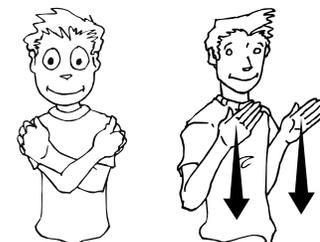
Patterns: The gifter loves to make and bring things to others.

Maximizing Learning: Have them make daily art projects to take home to family, give verbal praise daily, give them thoughtful personalized gifts, and give the gift of your presence.

The Hugger

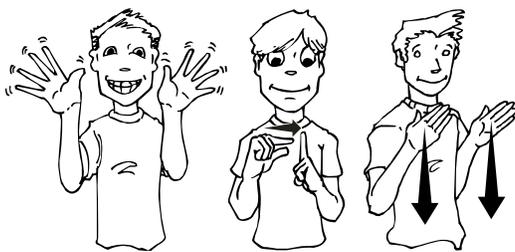
Patterns: The hugger loves to give and receive affection, and engage in physical touch (hug, pat on the back, high fives, etc.).

Maximizing Learning: Greet and say goodbye daily with a positive touches, hug, pat on the back, high fives, and holding hands.



hug

person



words

encourage

person

The Encourager

Patterns: The encourager loves to give and receive compliments and praise.

Maximizing Learning: Pair with shy or new student, provide words of affirmation and appreciation, use kind and encouraging words in daily praise, and write notes of encouragement.