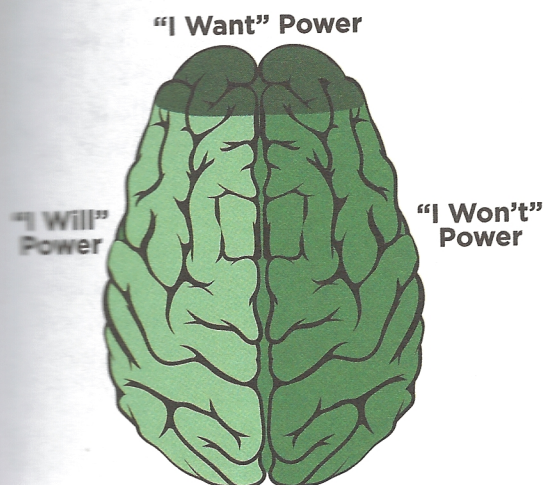


1. **Model our personal right hemisphere self-regulatory skills for children.** Research on self-regulation indicates that the way parents (adults) treat each other is even more powerful for a child's development of self-regulation than the way the parents (adults) treat the child (Volling, Blandon & Kolak, 2006). We must model the skills we want to see in all our interactions, not just with children. Although this book is written for educators, it provides skills that enhance all relationships. Practice these skills with your significant others, coworkers and your own children.
2. **Incorporate more personal storytelling.** Encourage children to share personal stories about upsetting experiences. Storytelling integrates the left and right hemispheres. To tell a story that makes sense, the left hemisphere must put things in order using words and logic. The right hemisphere contributes emotions and personal memories. Often adults avoid talking about upsetting events. We think talking about the event will reinforce the pain or make things worse, or we believe it's the counselor or parent's job. Incorporating the sharing of stories that evoke big emotions into our literacy programs encourages profound brain integration. Watch a portal video of a sixth grade teacher using personal storytelling in her classroom.
3. **Value play and the arts.** Create learning opportunities and environments that promote right-hemisphere information processing by bringing the arts and play to the forefront of the curriculum. Three types of play are essential for the development of self-regulation: rough-and-tumble play, dramatic play and interactive face-to-face social play (I Love You Rituals, Baby Doll Circle Time).
4. **Practice and incorporate the Skill of Positive Intent to reach all children, especially the most difficult.** Difficult children lack integration. The Skill of Positive Intent integrates the left prefrontal lobe with the right prefrontal lobe. This fosters a focus on long-term goals instead of short-term relief. The left prefrontal lobe says, "I will stay focused on my goals." The right prefrontal lobe says, "I will not be distracted by impulsive behavior." Integrating the two through positive intent and other means allows us to stay focused on long-term goals (helping us to stay on a diet instead of eating a cookie). Kelly McGonigal (2012), in her book *The Willpower Instinct*, divides the prefrontal lobe into three areas as pictured below:

I Will, I Won't, I Want



- I Will (left)**
Start and stick to boring, difficult tasks.
- I Won't (right)**
STOP! Holds us back from following every impulse and craving.
- I Want (center)**
To live a life of purpose remembering our goals, commitments and highest values.