

Consider the number of hours educators have spent doing "no brain" work or engaged in "no brain" activities. You know, the kind of things that focus on the rules, standardization, compliance, and are grounded in fear.

HOW HAS THIS IMPACTED THEIR BRAINS?
AND FOR THAT MATTER...YOURS?

The **YES** brain is...

- adaptable and resilient
- calm, relaxed, flexible
- curious and imaginative
- grounded
- open to new challenges
- open to compromise
- receptive
- thoughtful of others
- welcoming of new experiences
- willing to take chances

The **NO** brain is...

- anxious, stubborn, competitive
- closed to new opportunities
- defensive, reactive, guarded
- fearful of new experiences
- focused on survival
- likely to attack and reject
- often stuck in own emotions
- prone to push back
- rigid and reactive
- restricted, insecure, oppositional

**The YES Brain is "able to find joy and meaning even in the midst of life's challenges."
(Siegel and Bryson, 2018)**

The NO Brain spends its time in fight - flight- freeze - or faint mode; "unable to listen, make good decisions, or connect and care for others." (Siegel and Bryson, 2018)