

B.R.A.V.E. *at a glance*

A Brain-Based Framework for Understanding Behavior



Behavior Is A Brain Thing!

All behavior comes from the brain.

I will...

Put on my brain goggles.



Relationships Matter

Brains are built from the bottom up with lots of help from safe adults.

Be a good boss (not a pushover, not a drill sergeant).



Activate the Thinking Team

Behavior depends on which brain “team” is in charge: Upstairs or Downstairs.

Ask myself: Where are we in our brains?



Validate the Brain's Protectors

No part of the brain is bad!

Befriend my whole brain (and teach my students to do the same).



Elevate

No robots needed. Just keep climbing up those stairs.

Model, teach, and practice getting back in my Upstairs Brain.

Change is possible—one *Upstairs Brain* moment at a time

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