

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

A Brain-Based Framework for Understanding Behavior



Behavior Is A Brain Thing

Everything we think, feel, say, and do—or don't do—comes from the brain.

I will...

Put on my brain goggles.



Relationships Build Brains

Trusting relationships are essential to light up the learning brain.

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



Ask: Which Team Is Running Things?

My response depends on which team is in charge: Upstairs or Downstairs Brain

**Pause and
consider: What is
the need?**



Validate the Brain's Protectors

Porcupine, Tiger, Chameleon, or Turtle...
no part of the brain is bad!

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



Elevate: Keep Climbing Upstairs

The goal isn't perfection—just steady, unsteady, and steady again.

**Practice, teach,
and model getting
back in my
Upstairs Brain.**

Change is possible—one

Upstairs Brain

moment at a time

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