

# What's Inside?



## ▶ Principle 1: Nourishment

To function optimally, brains are dependent on a constant, plentiful supply of nutrients. The question for us as educators becomes, what can we do to optimally nourish the brains of our students? It turns out, we have six powerful tools available to ensure the brains of our students are primed to function at their best.



## ▶ Principle 2: Safety

For the brains of our students to function optimally, our students need to feel safe. No put-downs, embarrassments, bullies, exclusions, or threats of any kind. Music; cooperative, inclusive teams; and exercise are among the fourteen tools to create safety.



## ▶ Principle 3: Social

The brain is a social organ. Humans are wired to cooperate. Cooperation is biologically rewarding. A cooperative classroom activates the social cognition network, creates an inclusive class, carefully structures cooperative interaction, and promotes cooperative play. The results: safety, peer encouragement and tutoring, and creative thinking. Implementing Principle 3 allows the brains of our students to function the ways they function best.



## ▶ Principle 4: Emotion

We can harness emotion in our classrooms to create a passion for learning, to make our content more memorable, to motivate, and to improve problem solving and thinking. Just as fear constricts the ability to think, positive emotions broaden thinking. By eliciting positive emotion in our classrooms, we actually make students measurably smarter!



## ▶ Principle 5: Attention

Attention yields retention. To the extent we focus students' attention on what we want them to learn, we facilitate learning. How can they remember something they never attended to in the first place? Here we explore fourteen tools to capture and hold attention.



## ▶ Principle 6: Stimuli

Brains naturally attend to certain kinds of stimuli and ignore others. By teaching with novelty, relevance, illustrations, and multimodal stimuli, we present the ways brains want to learn. Here, we examine thirteen types of stimuli that are candy for the brain!