

Your Child's Brain: What's Going On in There?

Building Resilience at Home and at School

April 22, 2020 | Virtual Parent Workshop



Key Words

Neuron – A specialized cell transmitting nerve impulses; a nerve cell

Neural pathway – A connection of neurons that allow information to pass through

Dendrites – A short branched extension of a nerve cell, which receives information from other neurons

Axon – Is the long nerve fiber that extends from the cell body of a neuron

Terminal bud – The end of a neuron responsible for sending the signal on to other **neurons**

Myelin sheath – The insulation around the axon of a neuron

Cortisol – The stress hormone

Cortisol overload – Having too much cortisol, and/or repetition over time

Amygdala Hijack – A response mechanism -fight, flight or freeze

Synapse – The junction between two nerve cells

Synaptic cleft – Synonymous with Synapse

Neurotransmitter – Chemicals released at the end of the neuron that carries the information across the synapse: Serotonin, dopamine and norepinephrine

Neuroplasticity – The changing of neural pathways

Frontal lobes – Front portion of the brain responsible for critical thinking

BDNF – Chemical released into the brain that acts like “Miracle Grow” for the brain (brain-derived neurotrophic factor)

Movement – The act of being physical

Mindfulness - Taking in your surroundings with curiosity and without judgment

Mistakes – Assist in building new neural pathways

Mindset – How we look at “things”; the established set of attitudes held by someone

Play – Please Learn As You!

Yetters – Those that aren't there “yet”