Your Child’s Brain: What’s going on in there?
Building Resilience at Home and at School

El Cerebro de su hijo: ¿Qué está pasando allí?
Construyendo Resiliencia en el Hogar y en la Escuela

Chris Strater, MA
Ckstrater@gmail.com

April 22, 2020 | Hosted by Action for Healthy Kids and Colorado PTA
22 de abril de 2020 | Organizado por Action for Healthy Kids y Colorado PTA
Neurons ➤ Neuronas

Synaptic Cleft ➤ Hendidura sináptica

Amygdala Hijack ➤ Secuestro de la amígdala

Neuroplasticity ➤ Neuroplasticidad o Plasticidad Cerebral
Movement ➔ Movimiento

Mindset ➔ Mentalidad

Mistakes ➔ Errores

PLAY ➔ JUEGO

Vamos a jugar
Recommended Reading from Chris Strater
Lectura recomendada de Chris Strater


COVID-19 and at-home resources for parents and educators
https://www.actionforhealthykids.org/covid-19-and-at-home-resources/

Parents for Healthy Kids: Resources to help parents and caregivers become effective change agents for school and student health - https://www.actionforhealthykids.org/parents-for-healthy-kids/

Game On Program: 6-step framework to help you build a healthier school
https://www.actionforhealthykids.org/game-on-program/

Game On Activity Library: Over 130 activities to support good nutrition, physical activity, and social emotional health at home and at school - https://www.actionforhealthykids.org/game-on-activity-library/

Healthy Kids Blogs: Topics related to ➢ Health at Home ➢ Making Change Happen at School ➢ Meals & Nutrition ➢ Physical Activity, PE, & Play ➢ Recipes ➢ School Environment ➢ & MORE
https://www.actionforhealthykids.org/blog/


Healthy Kids Network: Share resources, ideas, stories, news, recipes and more on AFHK’s social platform. Earn points every time you engage! Text AFHK to 75189 and receive a link to download the app (Dynamic Signal) and create your account. Community code = AFHK

Every Kid Healthy Week: Celebrate Every Kid Healthy Week at school or at home during the last week of April each year. Find event ideas and follow daily themes on Facebook or build your own activities.
https://www.EveryKidHealthyWeek.org

Take Action for Healthy Kids: Every action counts! Join the movement to take one million actions for healthy kids by 2025. Find ideas to take action at school and at home - https://www.actionforhealthykids.org/action-detail/

Resources for Parents and Families – in Spanish (coming soon)
Recursos para padres y familias – en español (próximamente)
Recursos en casa para padres y educadores y COVID-19 ➢ Hojas de Consejos Healthy Kids ➢ Healthy Kids Blogs ➢ Recursos para la Semana de todos los Niños Saludable ➢ Ideas para tomar acción

National and Colorado PTA Resources (in English and Spanish)
Recursos de National PTA y de Colorado PTA (en inglés y español)
COVID-19 Resources | Recursos de COVID-19
https://www.pta.org/home/family-resources/coronavirus-information

Improving the Health and Wellness of Families | Mejorando la salud y el bienestar de las familias
https://www.pta.org/home/programs/Healthy-Lifestyles

Colorado PTA COVID-19 Resources (en inglés)
https://copta.org/covid-19/