



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

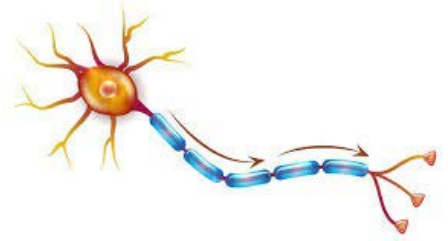
El Cerebro de su hijo: ¿Qué está pasando allí?
Construyendo Resiliencia en el Hogar y en la Escuela



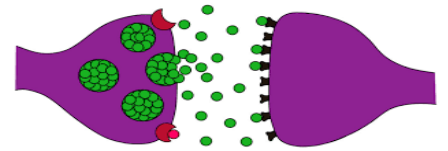
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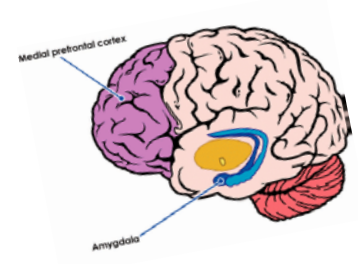
Neurons ▶ Neuronas



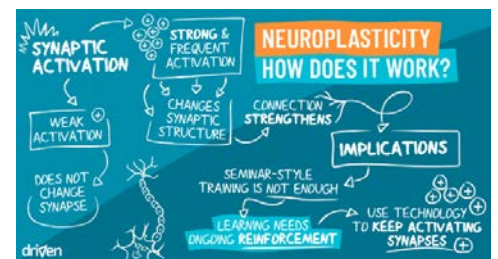
Synaptic Cleft ▶ Hendidura sináptica



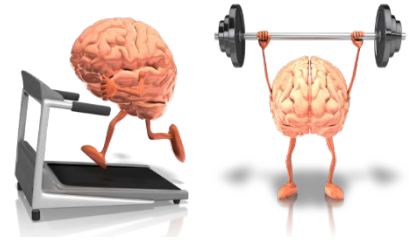
Amygdala Hijack ▶ Secuestro de la amígdala



Neuroplasticity ▶ Neuroplasticidad o Plasticidad Cerebral



Movement ▶ **Movimiento**



Mindset ▶ **Mentalidad**



Mistakes ▶ **Errores**



PLAY ▶ **JUEGO**





Recommended Reading from Chris Strater **Lectura recomendada de Chris Strater**

Borba, Michele, Ed.D. *UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World*. New York: Touchstone, 2016. Print.

Jensen, Eric and Carole Snider. *Turnaround Tools for the Teenage Brain*. San Francisco: Jossey-Bass, 2013. Print.

Kang, Shimi, M.D. *The Dolphin Way: A Parent's Guide to Raising Healthy, Happy, and Motivated Kids – Without Turning into a Tiger*. New York: Penguin Group, 2014. Print.

Siegel, Daniel, M.D. *Brainstorm: The Power and Purpose of the Teenage Brain*. New York: Penguin Group, 2013. Print. **Disponible en español:** *Tormenta cerebral: el poder y el propósito del cerebro adolescente*.

Siegel, Daniel, M.D. and Tina Payne Bryson, Ph.D. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. New York: Bantam Books, 2011. Print. **Disponible en español:** *El cerebro del niño: 12 estrategias revolucionarias para cultivar la mente en desarrollo de tu hijo*.

Brown, Stuart, M.D. *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. New York: Penguin Press, 2009. Print. **Disponible en español:** *¡A jugar! La forma más efectiva de desarrollar el cerebro, enriquecer la imaginación y alegrar el alma*.

Whitman, Glen and Ian Kelleher. *Neuroteach: Brain Science and the Future of Education*. Lanham, Maryland: Rowman & Littlefield, 2016. Print.



Resources for Parents and Families – in English
Recursos para padres y familias – en inglés
ContactUs@ActionforHealthyKids.org

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 Eating Toolkit: Healthy on a Budget, Snack Time at Home, Healthy School Fundraisers, Eating Healthy at Home, Dole’s Living Fresh Guide **& MORE** - <https://www.actionforhealthykids.org/nutrition-toolkit/>

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
<https://www.actionforhealthykids.org/español> | <https://www.actionforhealthykids.org/spanish> (próximamente)

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)
<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)
<https://www.pta.org/home/programs/Healthy-Lifestyles>



Colorado PTA COVID-19 Resources [\(en inglés\)](https://copta.org/covid-19/)
<https://copta.org/covid-19/>