

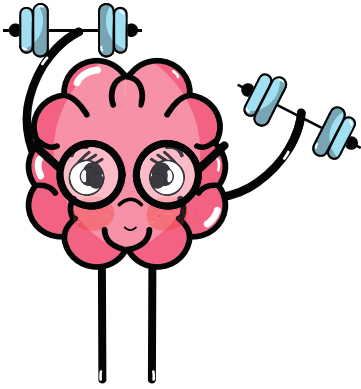
# VIVIAN'S BRAIN

All brains learn in different ways. When you know how your brain learns, that helps you with school, communication, feelings and lots of other types of learning.

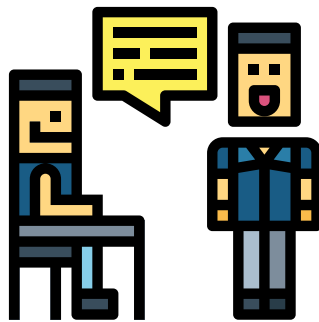


# 4 TYPES OF LEARNING

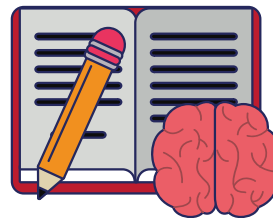
Some brains learn better with movement or touch.



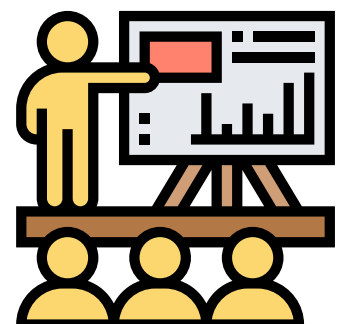
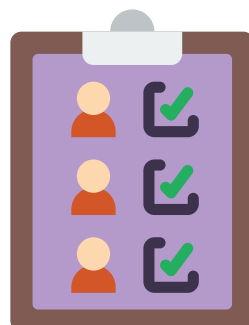
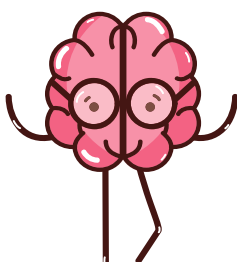
Some brains learn better when they hear information.



Some brains learn better when they read or write information.



Some brains learn better when they see pictures or visuals.



# VIVIAN'S BRAIN

- We think your brain learns best with seeing information and through movement or by moving.
- Having visuals will help your brain learn and hold on to information.
- That's why your teacher took a picture of how your desk should look at the end of the day.
- Being able to move or using touch can also help your brain learn and focus.
- That's why your teacher put the band on your chair so you can try bouncing your legs to see if that helps with your focus in class.
- When you met with Dr. Icard, his questions and tests helped us figure out how your brain learns and keeps information.

# VIVIAN'S BRAIN

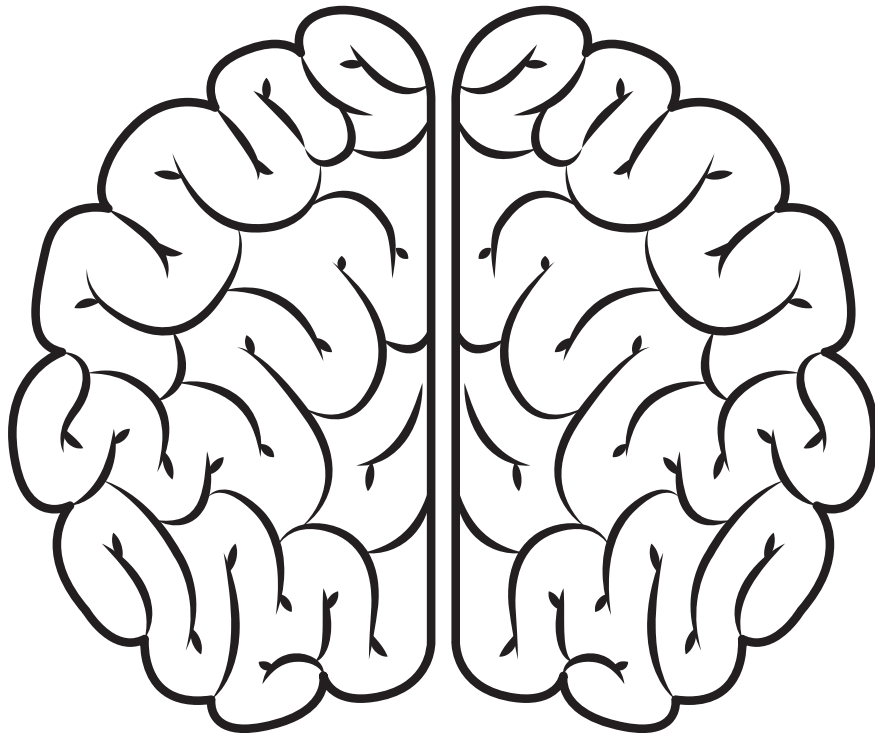
- Sometimes you have trouble knowing what to do with feelings or how to deal with feelings.
- Sometimes you have trouble talking things out with friends or with your parents.
- Sometimes you have trouble with organization.
- Most everyone has trouble with these things at different times in their life.

In counseling these are some of the things we are working on.

- knowing your strengths
- how to understand, talk about and deal with feelings
- how to talk out problems or misunderstandings
- how to stay organized
- Keep learning how to calm your brain and body
- The biggest thing we will work on in counseling is helping you, your mom, dad and school understand how your brain works so you can learn, all the things you need to learn. This will help you know what your brain needs at school, home and with friends.



# Ways to Help My Brain



1. Practice and use my relaxation skills
2. Learn when you need pictures to help you learn or do something
3. Get some exercise everyday
4. Get enough sleep
5. Eat healthy food
6. Know how to ask for help