



RELATIONSHIPS & REGULATION

CULTIVATING COMPETENCE & MOTIVATION FOR RESILIENCE IN LEARNING

Stacy Kelsey, MA

Reclaiming Youth At Risk Conference 2022

Mindful Learning is Exceptional Learning

Combining
Child Development,
Special Education &
relational education
through mindful learning
engagements
to promote integrated
learning





IT'S ALL ABOUT THE KIDS

Cognitive Processing Cycle:

Information In



Auditory, visual, kinesthetic

Neural integration occurs



(several input signals to produce an output that is some desired function of those inputs)

Mind makes a decision



Body acts on this decision

Relationships - Why they are important...

Here's what happens:

1 Your brain takes in what's happening around you.



2 Your brain talks to all its parts – your body, your brainstem, your limbic area, your whole cortex.

3 Your brain pulls all them together and assigns it meaning.



Your relationships will impact the kinds of energy flow and information being sent to your body and brain. This includes positive and negative information.

Co- Regulation

Attunement & Emotional Readiness
Development of Trust



Awareness of Self, Social & Environment



Bonding & Togetherness
Reciprocal Referencing



The Power of Thoughts

- Our thoughts can define who we are.
- We have the power to give our thoughts meaning
- Children will give meaning to their thoughts based on the reaction, impact, or perspective of the adults they interact with
- If we assign negative meaning to a child's thoughts or actions, they will believe their thoughts/action to be negative
- When we give children's thoughts and actions too much attention, we are simply reinforcing them
- Putting the time and energy into these moments is an effective way of giving a child the opportunity to be mindful in their thoughts and learning





Focused Attention of *Actions*

When we direct our attention through patterns, we change the activity and the structure of the brain itself

Neuroplasticity in action!

The new experience or the new thing we concentrate on activates neural firing enabling new connections to be wired together

~Practice becomes a skill~

MIRROR NEURONS



A background image showing a hand gently resting on the surface of water, with ripples emanating from the point of contact. The image is in a dark, muted color palette, with the hand and water appearing in shades of grey and blue against a darker background.

Repair & Reflection

Sitting in the Moment

- ~ Reinforces Safety & Connection
- ~ Eliminates Feeling of Abandonment
- ~ Allows for a new narrative in the mind
- ~ wait until children have worked through their emotional processes, have recovered & are calm
- ~ it is during these 'after moments' when the mind is ready to engage in learning regulation strategies or conversations

Everything eventually slows
down to a manageable
pace when we allow
our relationship with
this moment to
matter. - Sharon Salzberg





Competence → *Motivation* → *Resilience*

competence starts the cycle of *motivation*

*the learning experience creates the opportunity for our brain
to make the necessary connections*

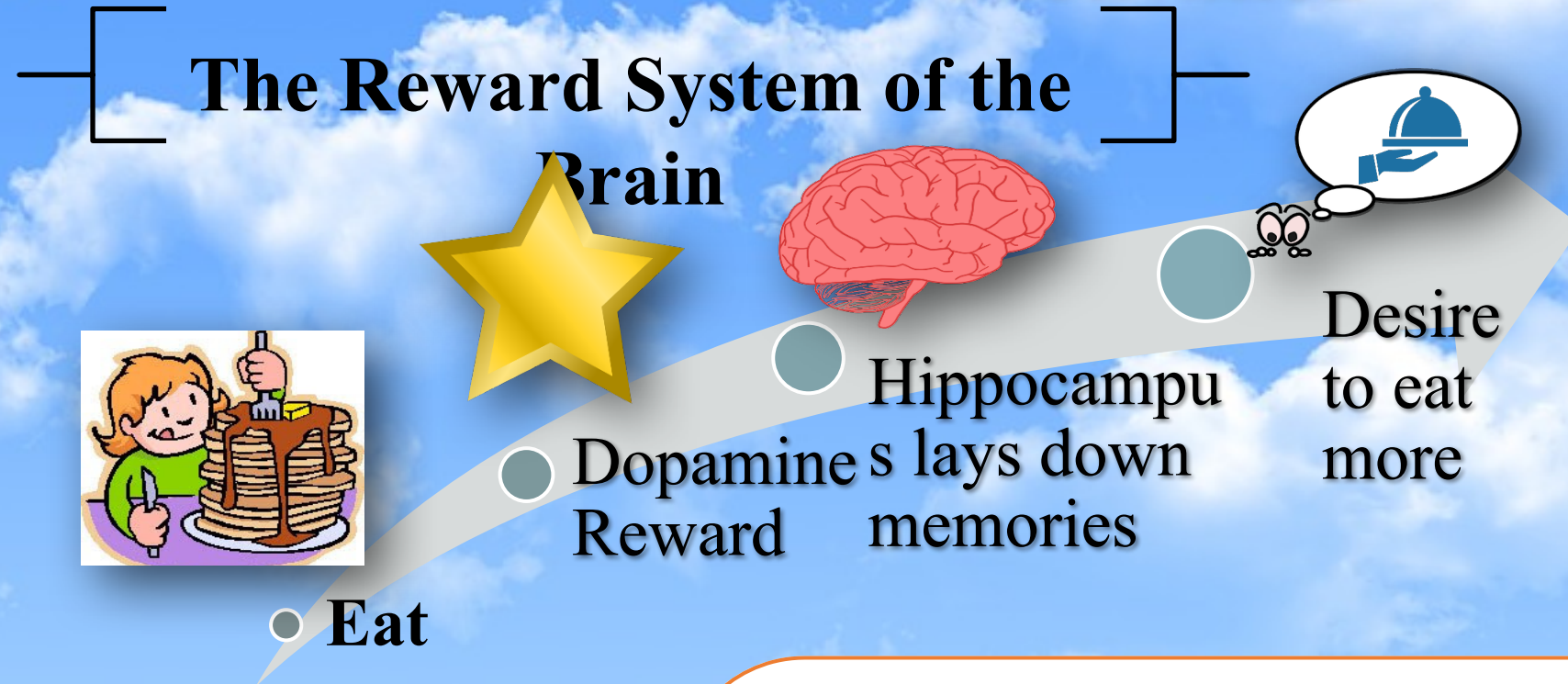
Which builds Resilience in Children to continue to
learn

a highly addictive process

this process of engagement in the mind is the perfect storm for
firings and building super highways in the

Intrinsic vs Extrinsic

Motivation



*When the reward pathway is activated,
the brain floods with dopamine-
When we feel good, we seek to repeat the activity.*

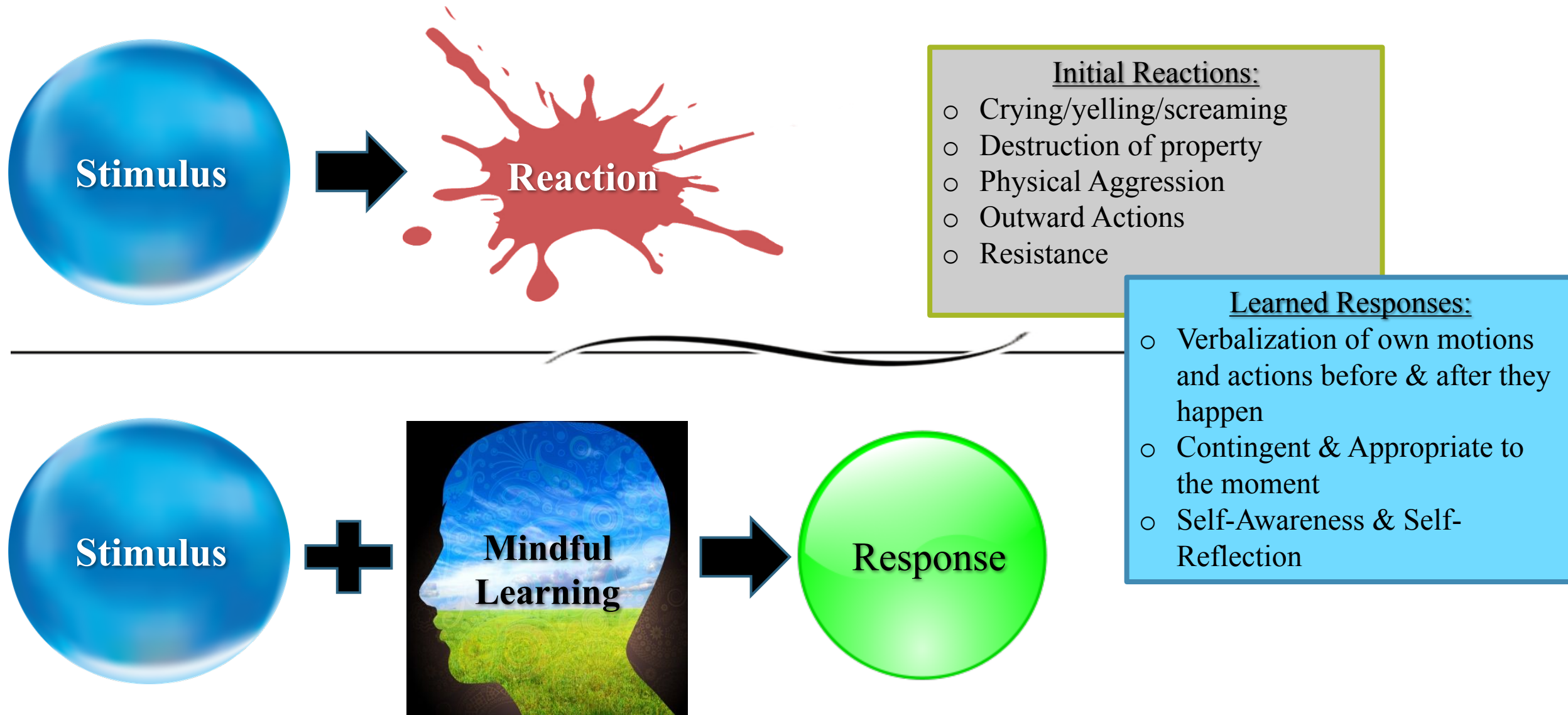
Mind / Body Connection

When we make a conscious effort to connect how we think about something to how it relates within our bodies, we create opportunities for personal growth.

This promotes the development of independence and establishes the resilience necessary to grow and challenge yourself as a person.



Process of Mindful Self-Regulation



Circle of Courage





Copyright, Stacy Kelsey, 6/11/2022

Mindful Learning

**When Mindfulness & Engaged Learning are put together
– Mindful Learning Emerges –**

Intentional Teaching practices wrapped in patterns of learning and lack of judgment to transform informational processing by integrating competence, motivation, and resilience to learn for children of all abilities