

Teach your students & children about the Stress Response to help them manage big feelings with thoughtfulness & compassion.

This is by far my favorite resource. I use it almost every day. I am a Certified Trauma Professional and provide individual therapy to children and families. The video and worksheets included in this resource are PHENOMENAL in educating my clients and their families about the stress response. I am constantly referring back to the "Protective Porcupine" and "Thoughtful Turtle." Love it! -Alexa



ONSE

I'M NOT GOING TO LET YOU HURT ME!

THREATENING

LIKES TO GET IT OF HERE FAST!

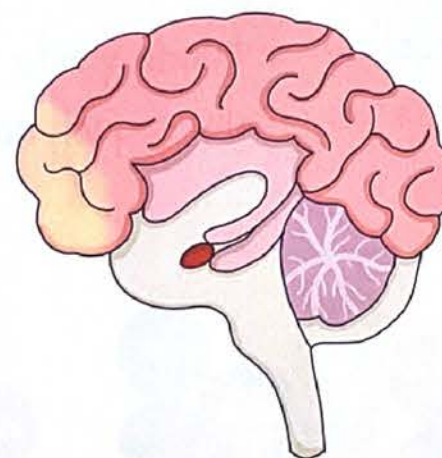
FROM WHAT FEELS THREATENING

IF I DON'T MOVE MAYBE THAT TIGER WON'T KNOW I'M HERE...

ABLE TO MOVE, FROZEN, OR STUCK

YOUR BRAVE, HARDWORKING BRAIN

A Lesson About the Stress Response



by WholeHearted School Counseling

Raise your hand to wait to call on or blurting out
IS THIS YOUR TURTLE OR PROTECTIVE PORCUPINE?



I AM IN MY:

PROTECTIVE PORCUPINE BRAIN

I CAN...

THOUGHTFUL TURTLE BRAIN

I CAN...

Name How I Feel

Use a Fidget

Do a Breathing Exercise

Do a Mindfulness Exercise

Talk About It

Think before I act.

Learn, problem solve, and make plans.

Take good care of my feelings.

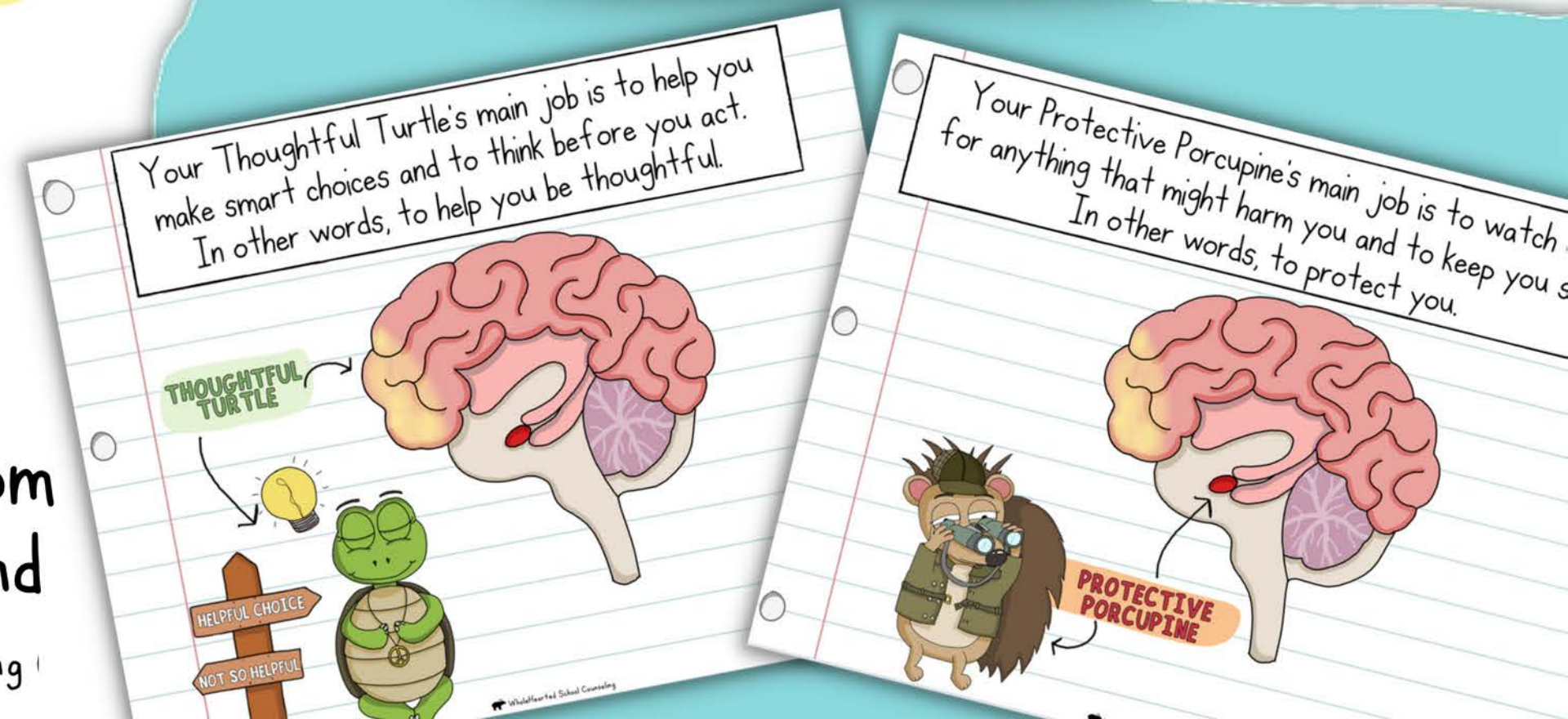
Get along with others.

WHAT YOU'LL LOVE ABOUT THIS SEL RESOURCE:

- This lesson teaches kids complex ideas about the stress response, big emotions, and how to take good care of themselves in a developmentally appropriate, easy to understand way.
- Students relate to the fun VISUAL SUPPORTS and Protective Porcupine and Thoughtful Turtle characters. This means greater engagement and buy-in!

My students loved this resource!
It was a great way to get them engaged in class and really helped them understand the way our brains work!
-Mollie

- Has TONS OF USES for differentiated instruction. Can be used by counselors, teachers, behavior interventionists, and parents with children. Perfect for classroom lessons, individual & small group counseling, and learning at home.



WHAT OTHER PARENTS, TEACHERS & COUNSELORS ARE SAYING:

I am blown away by this!
...The material in this bundle is not only completely accurate and helpful regarding mental health, particularly the stress response of the brain, but it is done in a well-thought out way that is simple to understand and powerful to help people of all ages. And it is adorable to boot!!... I encourage teachers and parents alike to buy this!!
You will not regret it.
-Michelle



I am a school-based licensed mental health professional and used this as my classroom lessons for 2nd-5th grade students. My students absolutely loved this lesson. Many still use terminology from this resource, such as, "It feels like my protective porcupine is trying to help." Love, love, love this!!
-Brittany



THE LESSON COMES IN ANIMATED VIDEO, SLIDESHOW PRESENTATION & PRINTABLE FORMATS!

Includes an engaging story that teaches kids about prefrontal cortex and amygdala personified by the Thoughtful Turtle and Protective Porcupine.

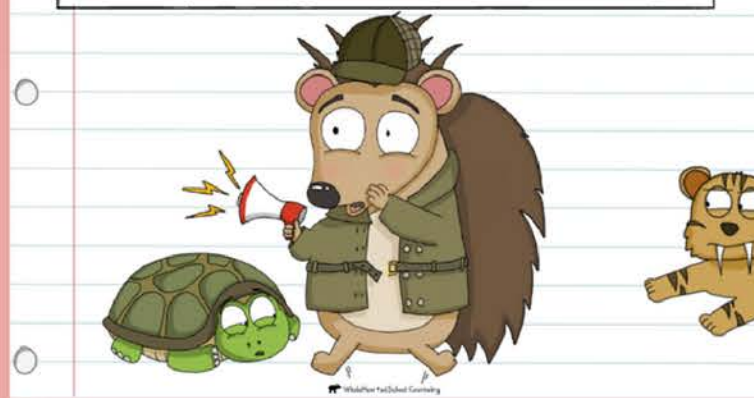
When your Protective Porcupine detects a threat, let's say it's a saber-toothed tiger is about to attack, it immediately sounds an alarm....



.....and sends messages to the rest of your body to quickly prepare for action!



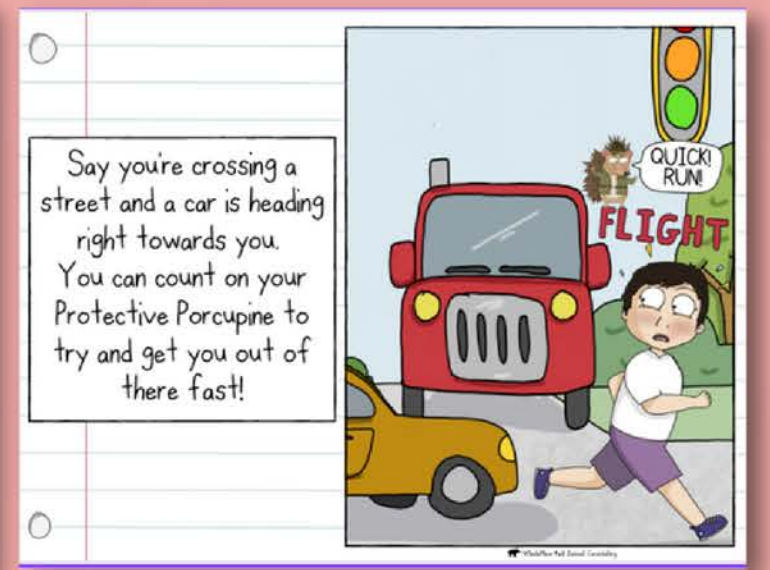
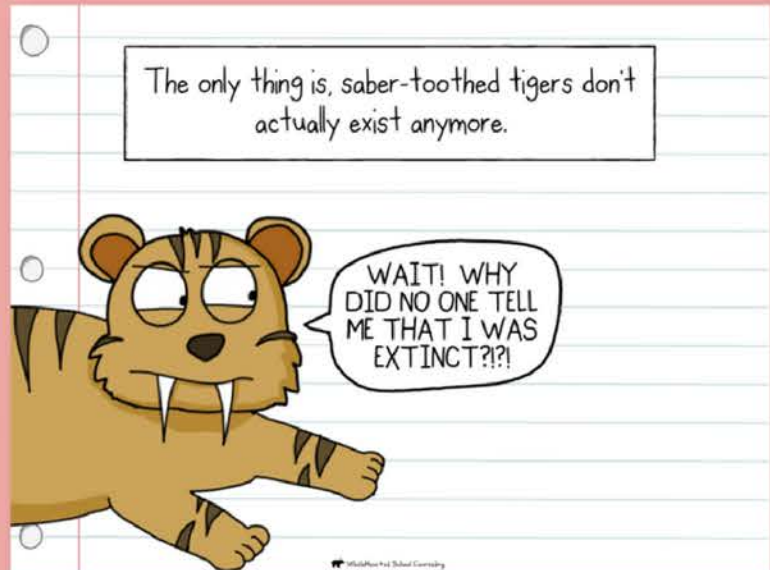
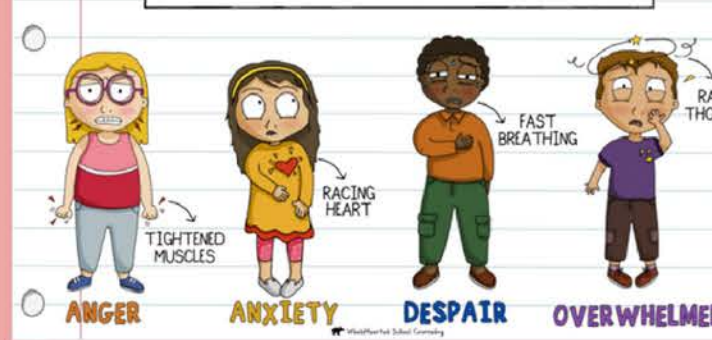
When your Protective Porcupine is shouting out orders, your Thoughtful Turtle goes into hiding. There's no time to stop and think, after all! All of your energy must be focused on surviving!



You can tell when your Protective Porcupine is hard at work from clues like:



Your muscles tighten. Your heart starts racing. Your breath becomes shorter and faster. Your thoughts speed up. You start feeling a BIG EMOTION.

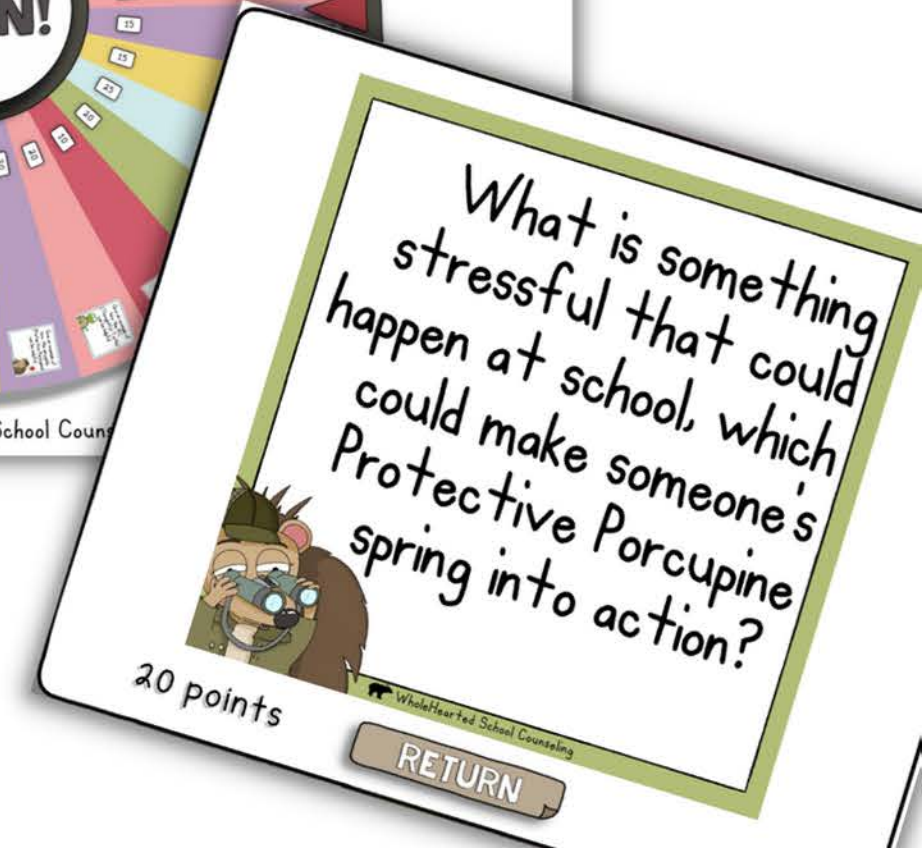
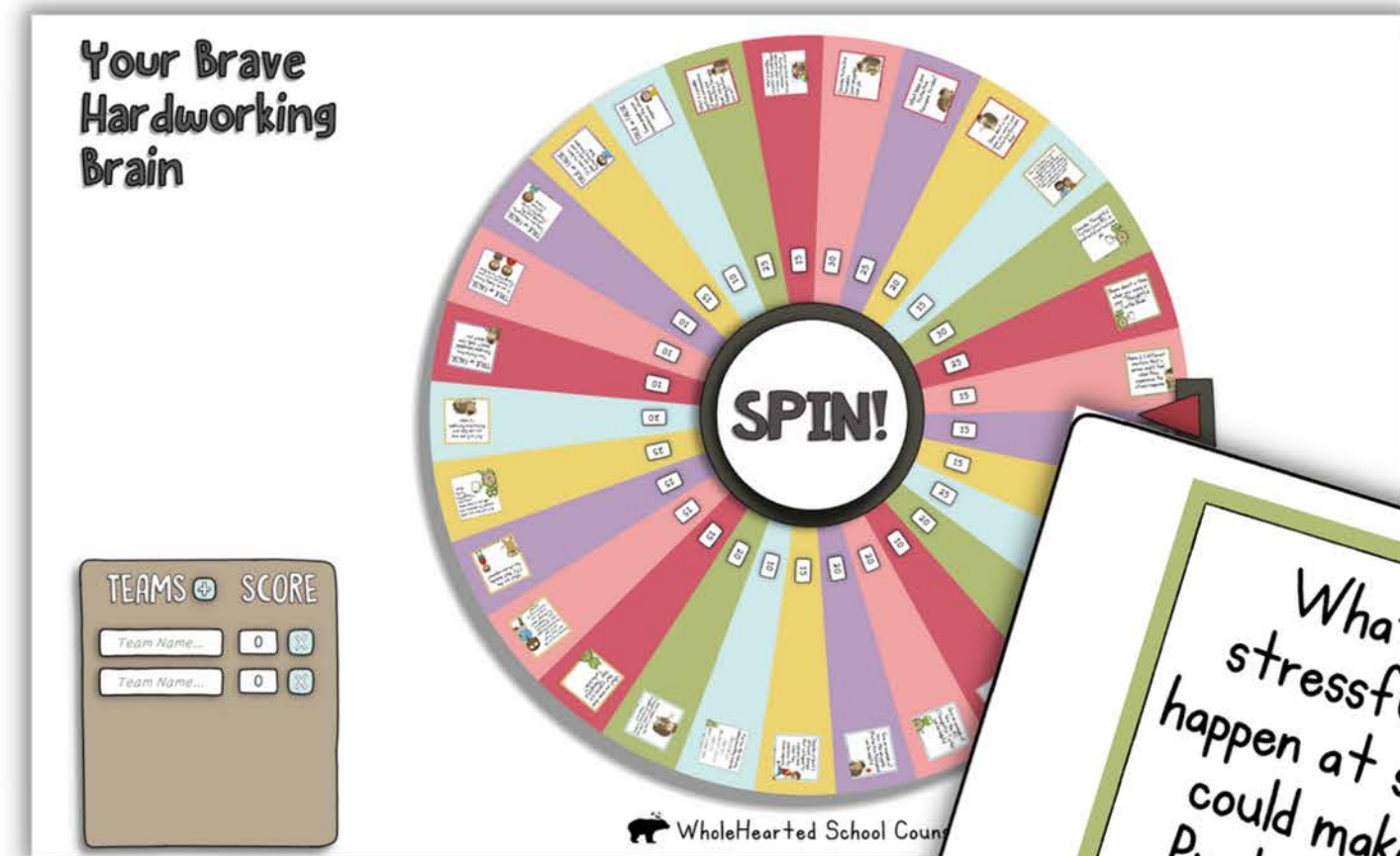
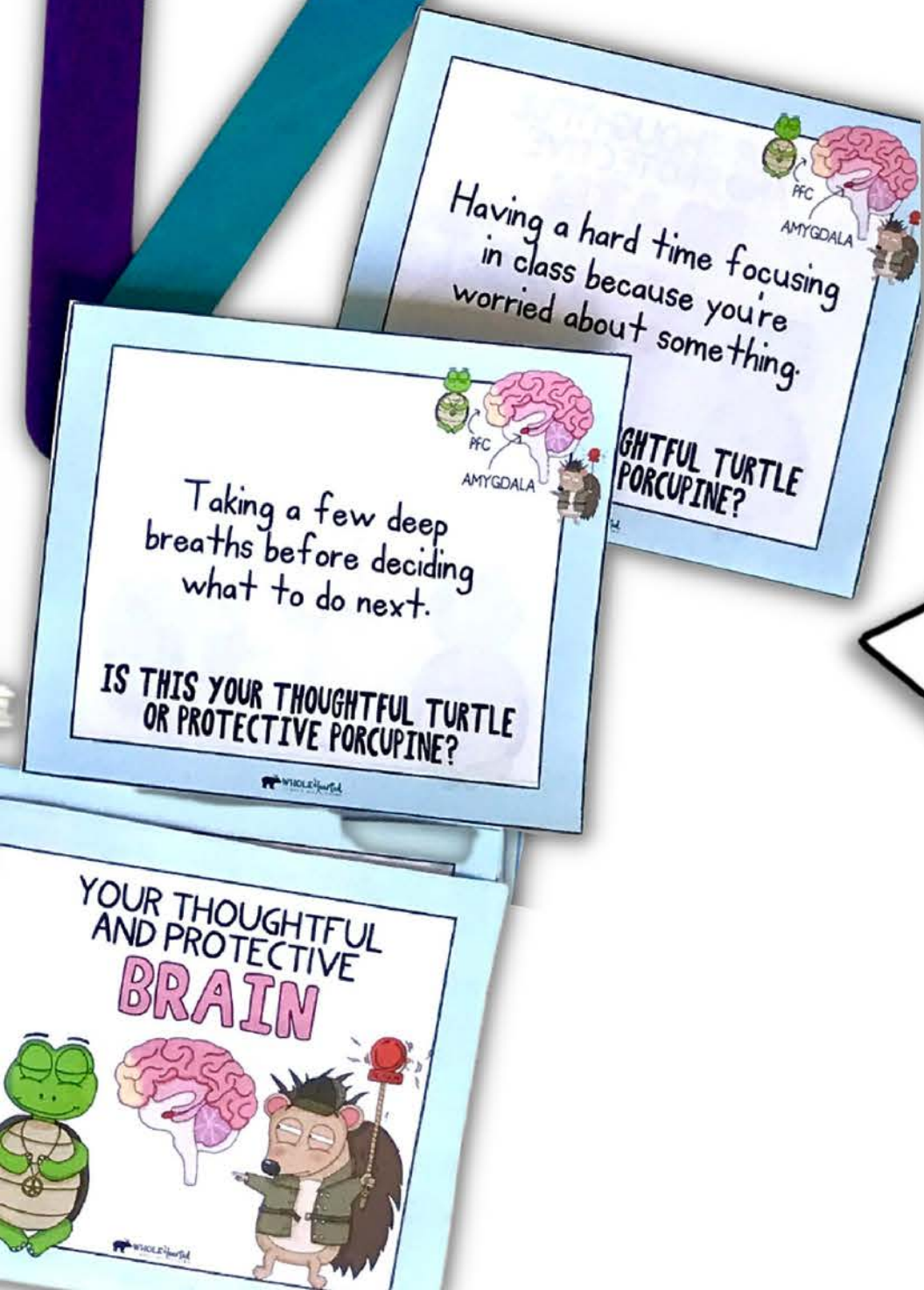


INCLUDES FUN, INTERACTIVE ACTIVITIES SUCH AS:



DIGITAL SPINNER GAME

PRINTABLE SORTING CARDS



SELF-REGULATION COPING TOOL AIDS

WholeHearted School Counseling

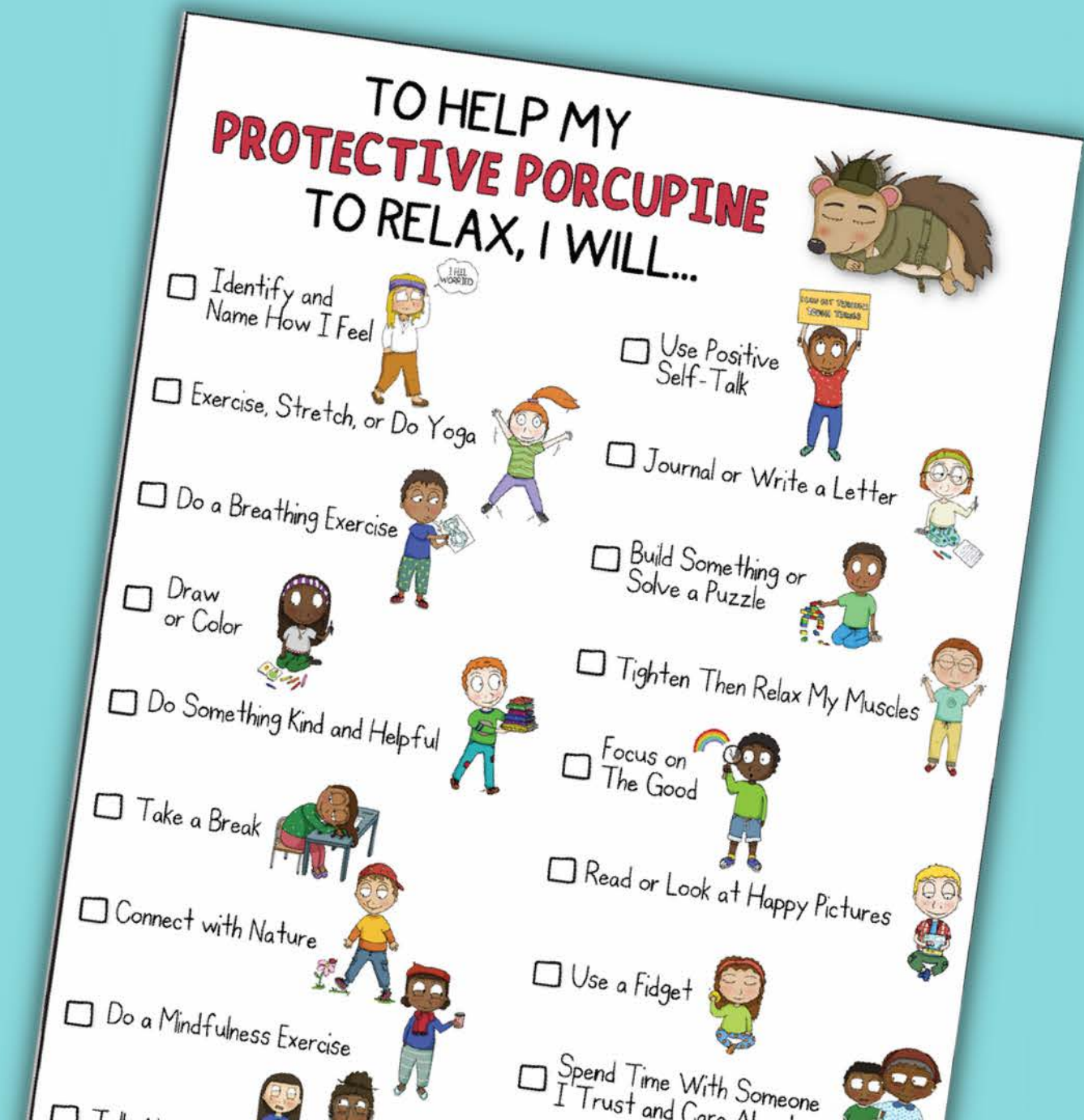


CALMING CARDS



CHECK-IN AND COPING TOOLS SLIDER

COPING SKILLS CHECKLIST



TO HELP MY PROTECTIVE PORCUPINE TO RELAX, I WILL...

- Identify and Name How I Feel
- Exercise, Stretch, or Do Yoga
- Do a Breathing Exercise
- Draw or Color
- Do Something Kind and Helpful
- Take a Break
- Connect with Nature
- Do a Mindfulness Exercise
- Use Positive Self-Talk
- Journal or Write a Letter
- Build Something or Solve a Puzzle
- Tighten Then Relax My Muscles
- Focus on The Good
- Read or Look at Happy Pictures
- Use a Fidget
- Spend Time With Someone I Trust and Care About

WORKSHEETS

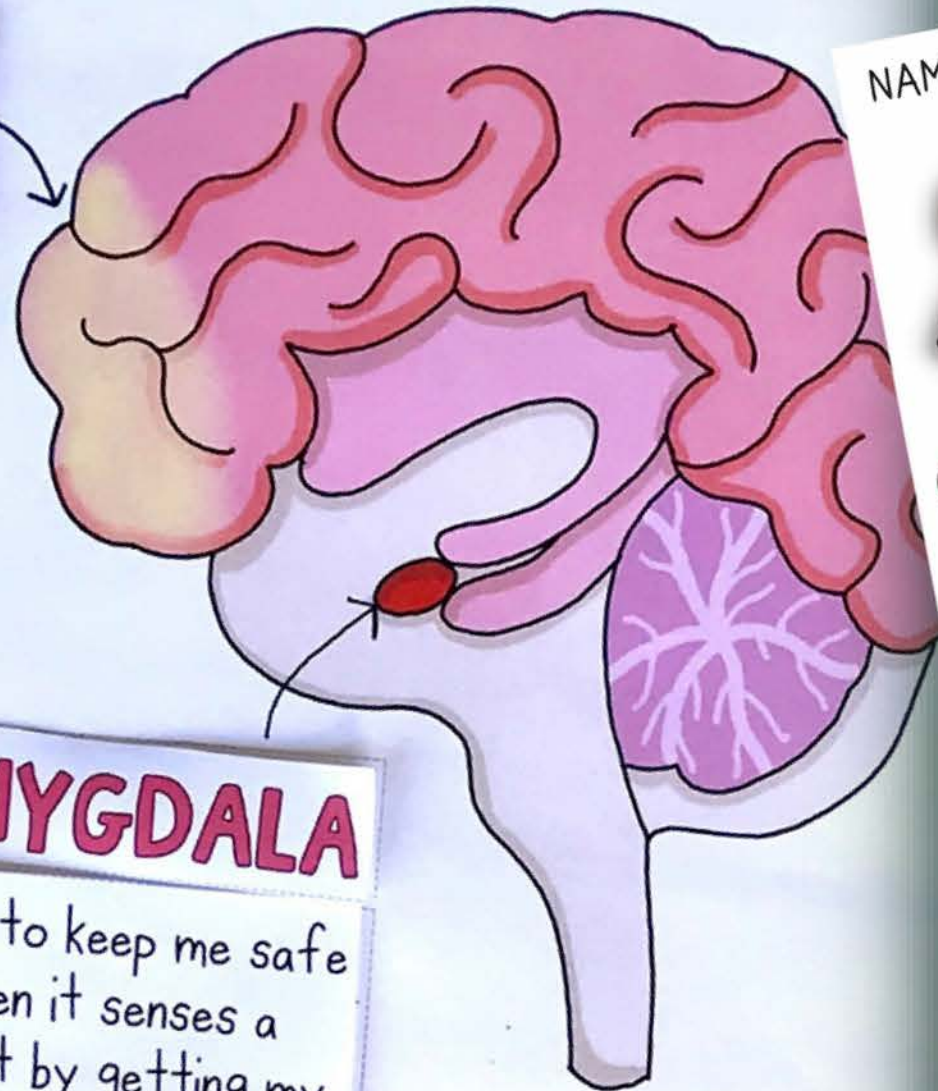
MY THOUGHTFUL AND PROTECTIVE **BRAIN**

NAME: _____



PFC

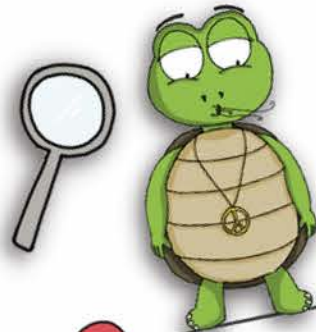
Helps me to make smart choices, plan for the future, and think before I act.



AMYGDALA

Helps to keep me safe when it senses a threat by getting my body ready to fight, flight or freeze.

NAME: _____



WHEN MY THOUGHTFUL TURTLE TAKES CHARGE



I feel:

I think:



Something I might do is:



I need...



NAME: _____

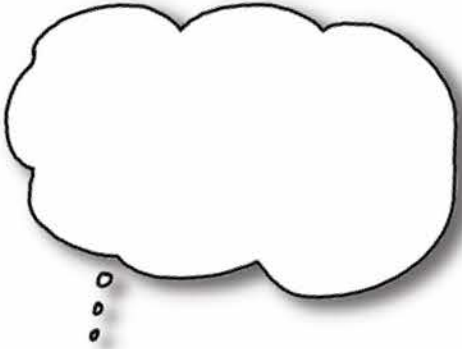


WHEN MY PROTECTIVE PORCUPINE TAKES CHARGE



I feel:

I think:



Something I might do is:



I need...

WholeHearted School Counseling

INCLUDES STRONG VISUAL SUPPORTS LIKE POSTERS, WORKSHEETS & CHECKLISTS TO REINFORCE LESSON & LEARNING

Stress Response Fight-Flight-Freeze Signals Poster

STRESS RESPONSE

WholeHearted School Counseling

FIGHT
 CAN FEEL LIKE:
 Using Mean Words
 Throwing, Punching
 Taking Responsibility, Defensive
 Arguments or Talking Back
 CAN FEEL LIKE:
 Angry, Furious,
 Frustrated, Aggressive

MOVING TOWARDS WHAT FEELS THREATENING

FLIGHT
 CAN LOOK LIKE:
 Trying to Escape, Running Away
 Inability to Focus or Pay Attention
 Restlessness, Hyperactive
 Procrastinating or Avoiding the Situation
 CAN FEEL LIKE:
 Anxious, Panicked Scared,
 Worried, Overwhelmed

MOVING AWAY FROM WHAT FEELS THREATENING

FREEZE
 CAN LOOK LIKE:
 Mind Goes Blank and It's Hard to Think
 Hiding or Trying to Be Alone (Isolating Self)
 Not Wanting to Talk or Respond to Others
 It's Hard to Complete Tasks

MOVING AWAY FROM WHAT FEELS THREATENING

IF I DON'T MOVE, MAYBE THAT TIGER WON'T KNOW I'M HERE...

Main Roles of the PFC & Amygdala Poster

YOUR THOUGHTFUL AND PROTECTIVE BRAIN

WholeHearted School Counseling

THOUGHTFUL TURTLE
PREFRONTAL CORTEX (PFC)
 The Thoughtful Part of Your Brain Helps You To:

- Make smart choices and think before you act.
- Set goals and make plans.
- Problem solve and find solutions.
- Recognize and understand emotions.
- Treat others, and yourself, with kindness.
- Take good care of your feelings (or self-regulate).

PROTECTIVE PORCUPINE
AMYGDALA
 The Protective Part of Your Brain:

- Watches out for anything that might harm you.
- Tries to protect you and keep you safe.
- Prepares your body for the Fight-Flight-Freeze stress response.
- Creates big emotions.
- Shuts down your PFC when it is activated.

Feeling and Behavior Clues Checklist

CLUES THAT YOUR THOUGHTFUL TURTLE IS HARD AT WORK:

- Relaxed muscles, steady heart beat and slow breathing.
- Feeling calm, focused, curious, or ready to learn.
- Setting goals and planning for the future.
- Problem solving and finding solutions.
- Thinking before you act.
- Getting along with others.

CLUES THAT YOUR PROTECTIVE PORCUPINE IS HARD AT WORK:

- Tense muscles, rapid heart beat and fast breathing.
- Racing thoughts, hard to think clearly.
- Feeling big emotions like fear, anger, or helplessness.
- Difficulty learning, focusing or problem-solving.
- Doing things without thinking first.
- Having a tough time getting along with others.
- Dealing with a stressful situation

Identify Your Stress Response Triggers Checklist

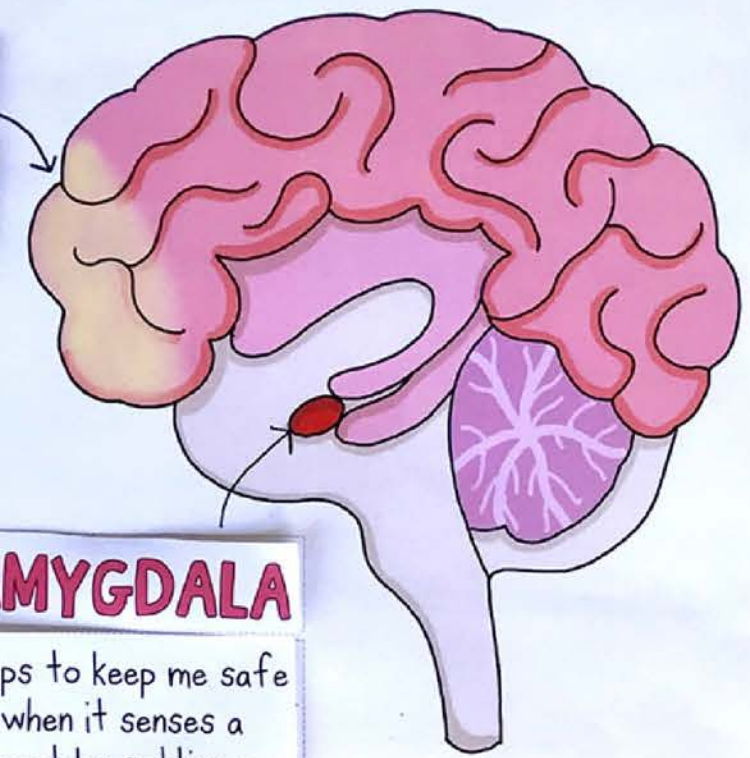
STRESS RESPONSE TRIGGERS

Which of the following stressful experiences cause your Protective Porcupine (or amygdala) to spring into action and prepare your body for fight-flight-freeze stress response?

- Starting something new (like a new school)
- Problems with friends or other kids
- Difficult schoolwork or not understanding what to do
- Conflicts at home
- Feeling left out, lonely, or unloved
- Feeling hungry or thirsty
- Feeling worried about what you see in the news
- Uncertainty or not knowing what is going to happen
- When someone isn't listening to you or you feel misunderstood
- Feeling stressed
- Being treated unfairly
- Believing negative thoughts about yourself
- Being told you did something wrong
- Being laughed at or called a mean name
- Being yelled at or shamed
- When things change or happen differently than planned
- Money problems
- Feeling tired, sleepy, or sick
- Losing a game or not doing as well as you wanted
- Having too many responsibilities at once

PFC

Helps me to make smart choices, plan for the future, and think before I act.



PROTECTIVE PORCUPINE

AMYGDALA

Helps to keep me safe when it senses a threat by getting my body ready to fight, flight or freeze.



My students really enjoyed learning about the brain. This resource explains it in a way that kids can understand it!
-Charlotte

...One request, please, please please publish this story as a book. I want to share the story with everyone!
-Sally

Love this resource. Literally use it in every session to help young clients understand how to take care of their difficult emotions more effectively.
-Karen

MY: I CAN...

Name How I Feel	Use a Fidget	Do a Breathing Exercise	Do a Mindfulness Exercise	Talk About It
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I CAN...

<input type="checkbox"/> Think before I act.	<input type="checkbox"/> Learn, problem solve, and make plans.	<input type="checkbox"/> Take good care of my feelings.	<input type="checkbox"/> Get along with others.
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Having a hard time focusing in class because you're worried about something

Taking a few deep breaths before deciding what to do next.
IS THIS YOUR THOUGHTFUL TURTLE OR PROTECTIVE PORCUPINE?

YOUR THOUGHTFUL AND PROTECTIVE BRAIN

WAYS TO HELP MY PROTECTIVE PORCUPINE RELAX