

The YES Brain and Adult Learners

CONSIDER THE NUMBER OF HOURS EARLY EDUCATORS HAVE SPENT "DOING NO BRAIN WORK OR ENGAGED IN NO BRAIN ACTIVITIES." YOU KNOW, THE KIND THAT FOCUS ON RULES, STANDARDIZATION, COMPLIANCE. AND ARE GROUNDED IN FEAR.

HOW HAS THIS IMPACTED THEIR BRAINS?
AND FOR THAT MATTER...YOURS?

The YES brain is...

- adaptable and resilient
- calm, relaxed, flexible
- curious and imaginative
- grounded
- open to new challenges
- open to compromise
- receptive
- thoughtful of others
- welcoming of new experiences
- willing to take chances and explore

The YES Brain is "able to find joy and meaning even in the midst of life's challenges."
(Siegel and Bryson, 2018)

The NO brain is...

- anxious, stubborn, competitive
- closed to new opportunities
- defensive, reactive, guarded
- fearful of new experiences
- focused on survival
- likely to attack and reject
- often stuck in own emotions
- prone to pushback against new knowledge
- rigid and reactive
- restricted, insecure, oppositional

The NO Brain spends its time in fight - flight - freeze - or faint mode; "unable to listen, make good decisions, or connect and care for others."
(Siegel and Bryson, 2018)

