
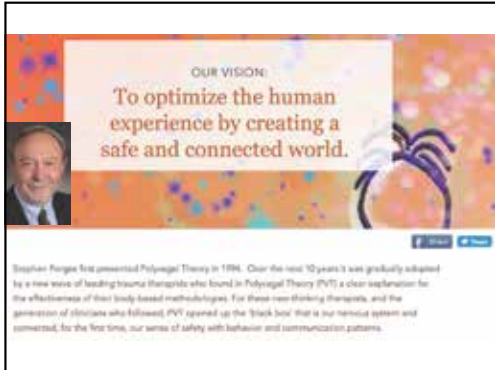

Like a kaleidoscope, children look different depending on the lens we use to observe them.	What lens do you look through?
	For this presentation, Let's look at ourselves and our students using a polyvagal lens.

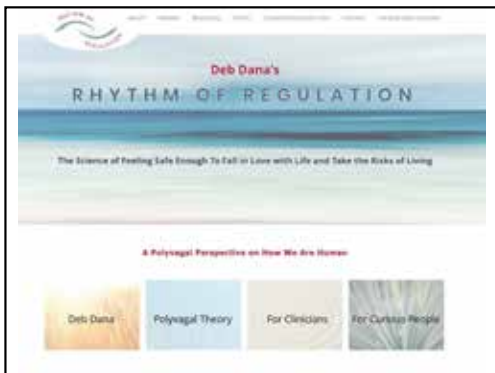
Objectives

1. Be introduced to Dr. Stephen Porges and Deb Dana's research on The Polyvagal Theory.
2. Learn the basic neurophysiology of the nervous system.
3. Name the three organizing principles of Polyvagal Theory.
4. Understand the relevance of the organizing principles to your work in classrooms and clinics.
5. Begin the process of befriending your own nervous system before sharing this information with others.
6. Learn how to stay anchored through the stormy seas of an ever-changing world.

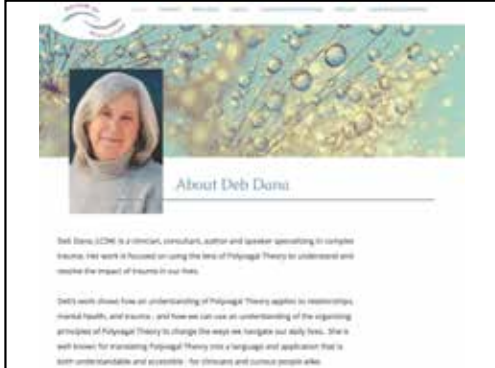


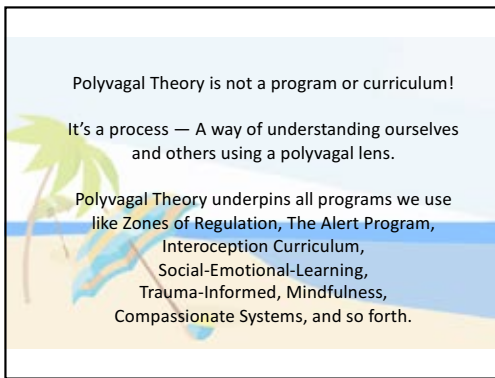


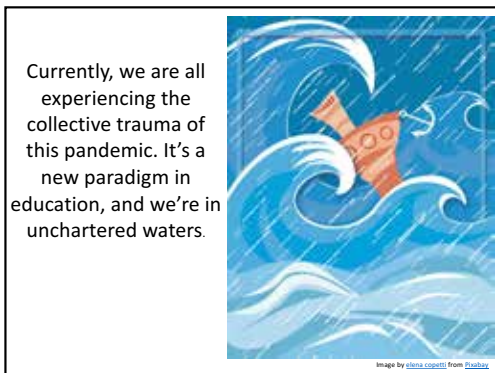








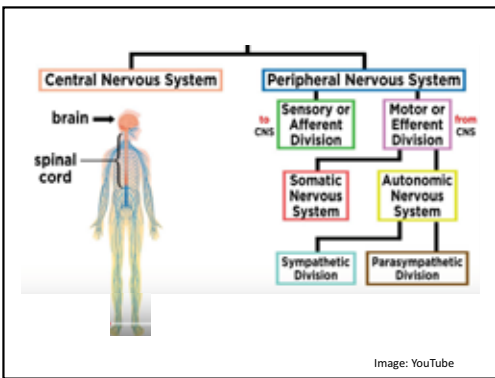






How will this experience provide the opportunity for education to enter the transformative paradigm?
 Transformation comes one nervous system at a time beginning with each of us befriending our own nervous systems before helping others befriend theirs.

We are all different from on another but have one thing in common...our nervous systems.

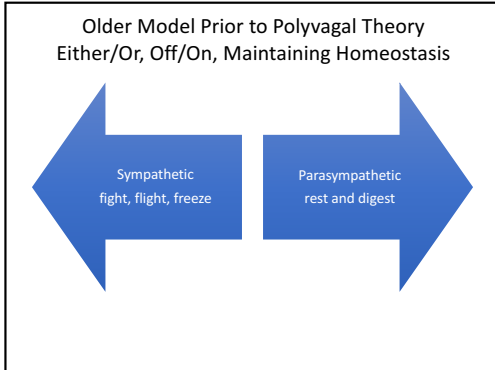


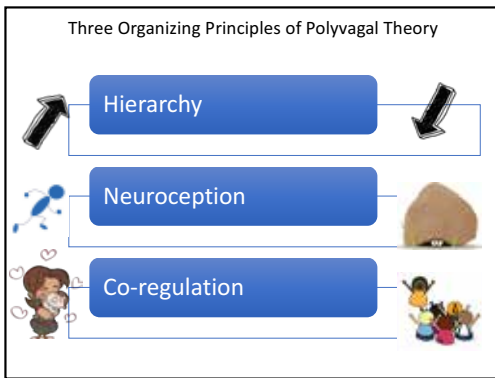
The vagus nerve is **the longest and most complex of the 12 pairs of cranial nerves** that emanate from the brain. It transmits information to or from the surface of the brain to tissues and organs elsewhere in the body.

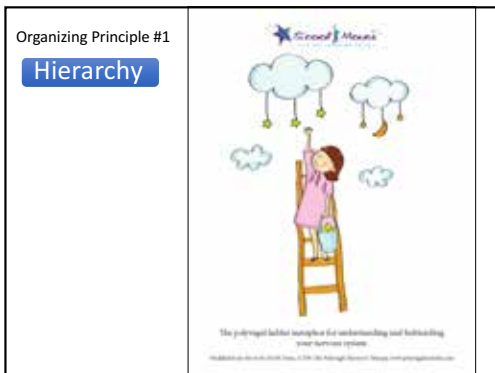
The vagus nerve functions contribute to the autonomic nervous system, which consists of the **parasympathetic and sympathetic parts**. The nerve is responsible for certain sensory activities and motor information for movement within the body. Vagus means generally "to wander" in Latin, aptly describing this nerve.

Image Source: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0151882>
 Vagus nerve: Function, stimulation, and further research https://www.medicinenet.com/vagus_nerve/article.htm

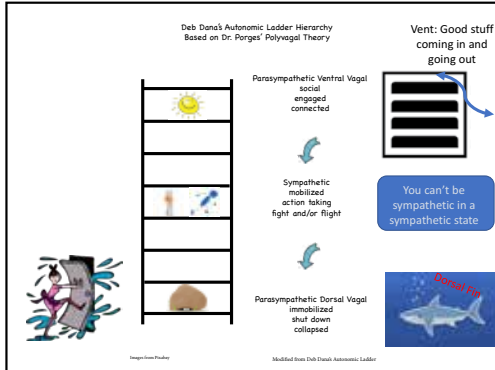


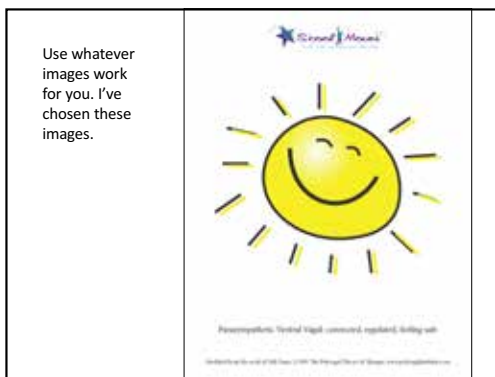






Handout for the Therapro webinar **Applying Polyvagal Theory in Classrooms and Clinics**
 presented by presented by Dr. Debra Em Wilson - October 5, 2021

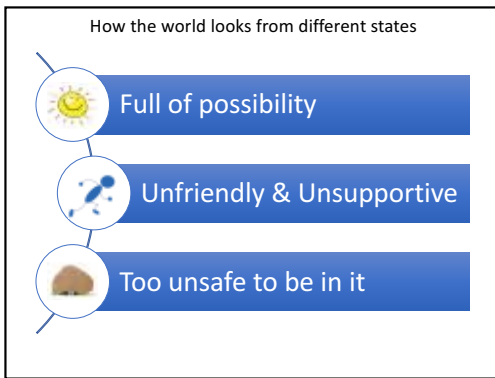


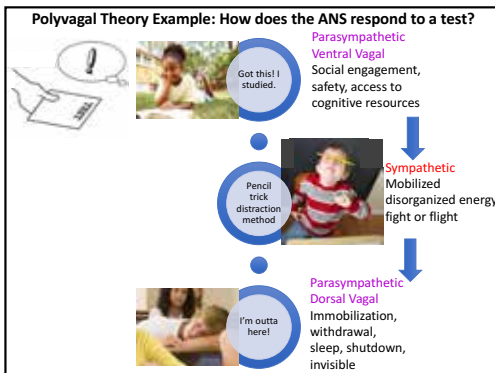












Handout for the Therapro webinar **Applying Polyvagal Theory in Classrooms and Clinics**
 presented by presented by Dr. Debra Em Wilson - October 5, 2021



Observe & Befriend

Where are you on your Autonomic Ladder throughout the day?

Where are your students on their Autonomic Ladder throughout the day?

We are never just in one place on the ladder. We move up and down throughout the day, and so do our students. Being in ventral at all times is unlikely and unrealistic.

Deb Dana's Autonomic Ladder Hierarchy
Based on Dr. Porges' Polyvagal Theory

Images from Porges
Medical Book Deb Dana's Autonomic Ladder

Download

Where am I Right Now Check-In Quadrant Map

Images from Porges
Activity 9: Quadrant Map (modified from the work of Deb Dana)

Where am I Right Now Check-In Quadrant Map Example

Images from Porges

Morning
 Ventral Vagal: A sunny day of some blood coffee with a good book, prepared an amazing lesson and can't wait to teach it!

Noon
 Sympathetic: Students have been through my lesson. I'm going for a 15 minute walk around the school on my lunch break to get some fresh air and find some ventral vagal energy.

Afternoon
 Ventral Vagal: The students worked during after lunch. We made a plan to take an afternoon shopping for a new dog and spend some time with her.

Evening
 Sympathetic: Found out unexpected company is getting tomorrow. So much to do! I need my family to help in and help.





Where is your home away from your ventral home?

Intertwined or Blended States

Debi Dandó Autonomic Ladder Hierarchy
Based on Dr. Porges' Polyvagal Theory

Ventral and Sympathetic: **PLAY**

Sympathetic and Dorsal: **FREEZE**

Ventral and Dorsal: **STILLNESS WITHOUT SHUTTING DOWN (the most difficult state to access)**

Images from Porges
Modified from Debi Dandó Autonomic Ladder

Organizing Principle #2

Neuroception

Your built-in bodyguard: Neuroception

- Tracks messages from inside the body while tracking elements from the external environment
- On the lookout for cues of danger and opportunities for connection and safety
- Beneath level of consciousness, directs movement toward and away from people, places, and experiences





Cues of Safety and Danger Scale

Increase cues of safety to counter-balance cues of danger

Cues come from:
 ✓ Inside
 ✓ Outside
 ✓ Between

Cues From Inside
 The 8th sense that helps us know when we are hungry, tired, anxious, sick, relaxed, etc.

Watch free full interview with Kelly Mahler on Debra's Crowdcast, <https://www.crowdcast.io/schoolmoves>

www.kelly-mahler.com for more information.

Cues Outside in the Environment



Cues Between Relationships With Others

People sitting in a slumped posture remember more negative events, and those sitting in an upright posture remember more positive events.
 (Research by Riskind as cited in Dana, 2018).

What changes our parasympathetic and sympathetic responses?

TRIGGERS ⚡

What causes dysregulation?

↻

GLIMMERS ✨

What helps with regulation?

From: Dana, D. (2018). *The Polyvagal Theory in Therapy*. New York: W.W. Norton & Company.
 Watch a free full hour interview with Deb Dana on Crowdcast <https://www.crowdcast.io/schoolmoves>

Environmental Pathways: Cues of Safety & Danger

Location	Cues of Safety	Cues of Danger
bus	earphones music seat in front	no reserved space; random seating
classroom in morning	schedule for day	substitute; unplanned day
recess	directed plan for play	no plan; free for all
lunch	eating at end of table	no designated place to eat
PE	spot to stand on & activity plan	random activity
computer lab	assigned seating on end	random seating
afterschool care	Planned activity; quiet space	random activity; no option for quieting

From the work of Deb Dana, LCSW. See Polyvagal Theory in Therapy





Ventral Anchors: What tethers us to ventral through these uncharted waters?

Discover and write down your anchors

Sighs are a natural language of the heart.
 -Thomas Shadwell


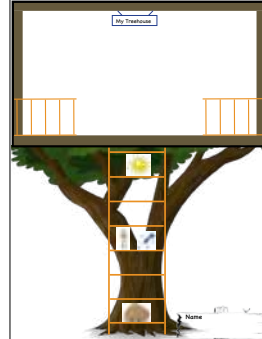
Ventral Vagal Anchor Map

WHO: List the people in your life who make you feel safe and welcome. *Not Included:* You can exclude your self in special cases for people who are no longer there.
WHAT: List the small things you do to nourish, relax, or bring joy in the moment...
WHERE: List the physical spaces around you where you feel relaxed, safe, and calm.
WHEN: List the moments in your life where you've felt anchored to ventral-vagal energy.

Image by Susan Swartz from Pinterest. Activity 4 "Ventral Vagal Anchor Map" modified from the work of Deb Dana.






 

What is one thing today that kept you at the top of your ladder? Draw or write in the box.

Do a collective activity at the end of the day where everyone shares their one thing.

Organizing Principle #3 **Co-regulation**

There is a biological imperative for co-regulation.
 Dr. Stephen Porges

 We are always regulating with experiences and others we carry within us, with our outside environment, and the relationships between us and others. Think of it as **interactive regulation**.

This allows us to retune our nervous systems. We can loan our regulated nervous systems to others who need more regulation.

It's the micromoments that do most retuning.

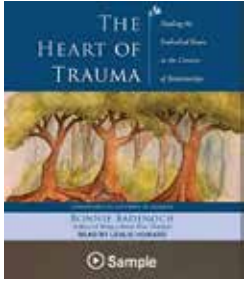
 **What are micromoments?**

- ❖ A smile
- ❖ Another person picking up your dropped pencil
- ❖ Opening the door for someone
- ❖ Sitting quietly next to someone who is upset, not fixing
- ❖ Pausing to look out the window at nature
- ❖ Pausing to watch a three minute nature video
 - ❖ A sigh
 - ❖ A safe hug
- ❖ A little note expressing gratitude
- ❖ A happy face on a worksheet




Self-regulation is a myth.
We are always regulating
with others and our
environment.


Bonnie Badenoch



© Sample

Co-regulation with Others Through Minute Moves





From: Minute Moves Poster Activities





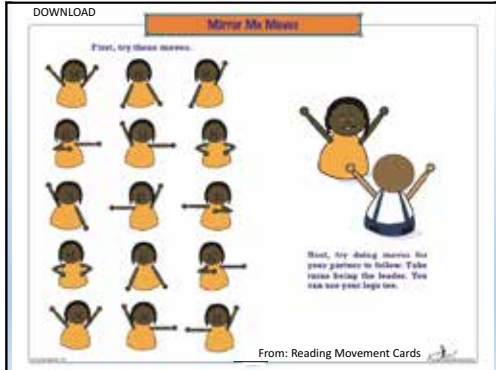
From: Foundation Moves Poster Activities

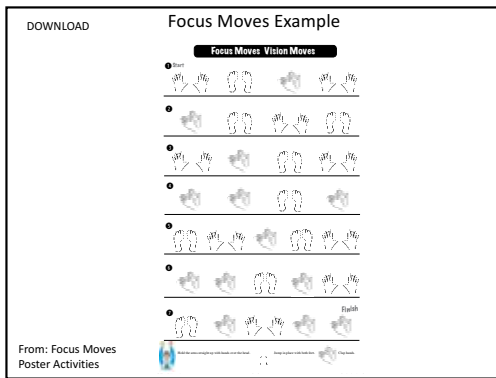
The Symbiotic Relationship Between Synchronized Movement and Co-regulation

“A substantial body of research shows that behavioral synchrony—coordinating our actions, including our physical movements, so that they are like the actions of others—primes us for what we might call cognitive synchrony: multiple people thinking together efficiently and effectively.”

“Synchrony sends a tangible signal to others that we are open to cooperation, as well as capable of cooperation. Synchronized movement acts as an invitation to work together, along with an assurance that such work will be productive.”

From *The Extended Mind: The Power of Thinking Outside the Brain*
by Annie Murphy Paul









Power Up! Moves Example

Move groove

1	cat	bat
2	sat	rat
3	hat	mat

From: Academic Coaching Manual
 ©S'cool Moves, Inc. www.schoolmoves.com

Power Up! Moves Example

Move groove


	1	cat	sat	
	2	bat	hat	
	3	rat	mat	


©S'cool Moves, Inc. www.schoolmoves.com






The Three C's of Polyvagal Theory

Choice 

Context 

Connection 

The opposite of connection is loneliness.

“Loneliness is the great masquerader. It can appear as anger, sadness, and a host of distressing emotional states. It also can attach itself to other sources of those emotions, exacerbating the efforts of trauma and intensifying pain while preventing healing.”

From the book Together: The Healing Power of Human Connection in a Sometimes Lonely World by Vivek H. Murthy, MD, 13th Surgeon General of the United States

Easing Loneliness Through Connection

- Service
- Helping others
- Working on a common goal


1 Research on trauma shows again and again...a child only needs one person who sees them to totally change the trajectory of their lives.

Will you be their one person?

4 Additional Ways to Connect

Join from our home page at www.schoolmoves.com

1. Sign up for our monthly newsletter
2. Subscribe to YouTube Debra Em TV
YouTube: School Moves or S'cool Moves
3. Free Monthly "Debinars"
Interviews with leaders in our fields and master classes
4. Free Mighty Network Private Discussion Community (no ads, no social media black hole, everyone sees every post <https://scool-moves.mn.co/>)





Together we can negotiate these uncharted waters and
bring ventral energy to

OURSELVES, FAMILIES, STUDENTS & STAFF

Thank you for
attending and for all
you do for children
every day!



