

Handout for the Therapro webinar ***The Resilient Learner's Backpack: Movement that Shifts Nervous System States and Increases Resiliency***  
 presented by Dr. Debra Em Wilson - April 9, 2024

The Resilient Learner's Backpack


4/8/24

04-09-2024 7:00-8:30 PM EST

**The Resilient Learner's Backpack:  
 Movement that Shifts Nervous System  
 States and Increases Resiliency**



presented by **Dr. Debra Em Wilson**

**Therapro**  
 live webinar



*Celebrating*  
 25 YEARS

**School Moves**  
 HELP THE LEARNING SWITCH

**Dr. Debra Em Wilson**  
 Reading Specialist  
 Educational Consultant • Author  
 Credentialed Teacher

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**GG** Greater Good  
**SC** Science Center

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Education Articles

Our Favorite Books for Educators in 2023

By Amy L. Ely, Mariah Flynn, Margaret Genter, Lauren Lee, and Sara Zlotowski

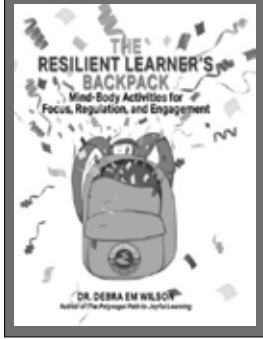
For this year's collection of our favorite education books, we've included a little something for everyone—including kids—and they all center on one theme: hope.

Read More



Release date  
 End of April

**THE RESILIENT LEARNER'S BACKPACK**  
 Mind-Body Activities for Focus, Regulation, and Engagement



**DR. DEBRA EM WILSON**  
 Author of *The Polyvagal Path to Joyful Learning*

The Origins of Resiliency



interviewed **Buzz Holling's Resilient Universe**  
 A Conversation with the author of *The Resilient Universe* December 4, 2019



Mental Health ←

→ Childhood Development

→ Social Psychology

Relational Neuroscience ←

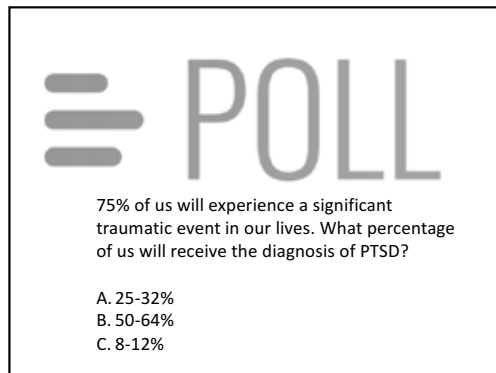
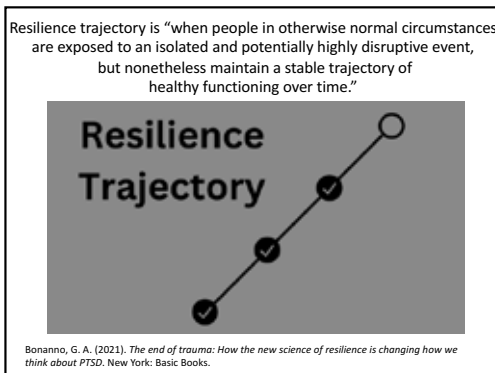
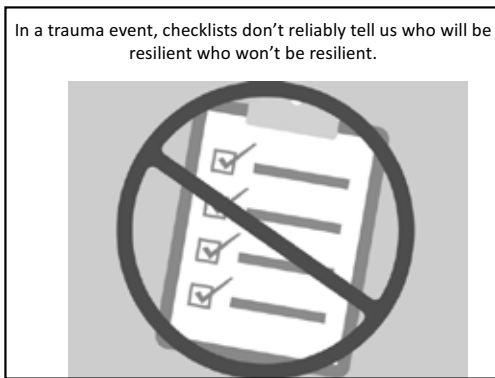
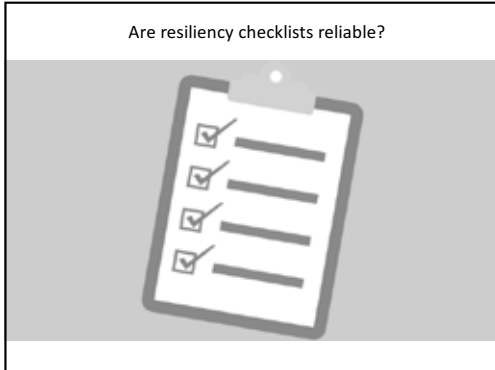
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**What is Post-Traumatic Growth?**

75% experience significant traumatic event  
 8-12% diagnosed with PTSD  
 60% will experience post-traumatic growth

PTG is a phenomenon where adversity is transformative and leads to us becoming stronger, wiser humans.

**QUIZ QUESTION!**  
**60%**

**What supports Post-Traumatic Growth?**  
 An adaptable and flexible nervous system.

Bringing Dr. Stephen Porges' Polyvagal Theory and Deb Dana's mental health application into busy, time-crunched classrooms with a focus on an educational model rather than a mental health model.

**Shopping List for Backpack Supplies**

- ✓ Polyvagal Theory
- ✓ Futures Studies Methodology
- ✓ Extended Mind Science

**Seven Steps to Resilience**

1. **Intentional Strategies**
  - Intentional Choice
  - Intention for Engagement
2. **Three Modes of Cognition**
  - Cognition/Intention
  - Mindful Shifting Activities
3. **Learning Hub**
  - Mindfulness
  - Light Brain Activities
4. **Recall Connection**
  - Organ, Repeat and Safety Recall Steps
  - Cultivating Skills and Concepts
5. **Three Sources of Regulation**
  - Monitoring Mind/State
  - Movement Activities
6. **U.S.B. Formula**
  - Three (3) of Safety
  - U.S.A. and the Learning
7. **Backpack your nervous system!**
  - Observe Mind/State
  - Monitor Mind/State
  - Focus on Mind/State

**The Resilient Learner's Backpack**

Only mind regulation can help the nervous system return to the calm after the storm. The calm after the storm is not a luxury, it is a necessity. It is the calm that allows you to lead and inspire tomorrow, today, and every day that follows.

**Ventral Vagal** **Sympathetic** **Dorsal Vagal**

Connect to the calm of the calm, sympathetic, and fight or flight responses. You are to be sympathetic, healthy, and to be healthy, think of it as a way. You are to respond with sympathy for what you're experiencing, and in doing so, you are a response of gratitude to help you with your personal design.

Understand what it means to be calm: "Sympathetic to me, fight, my body responds with fight or flight" is a protective state, your body is sympathetic to your fight and not necessarily sympathetic to the fight of others.

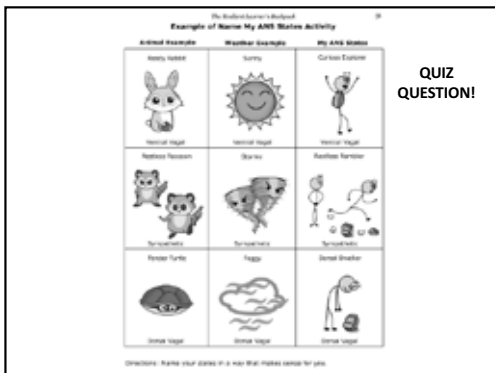
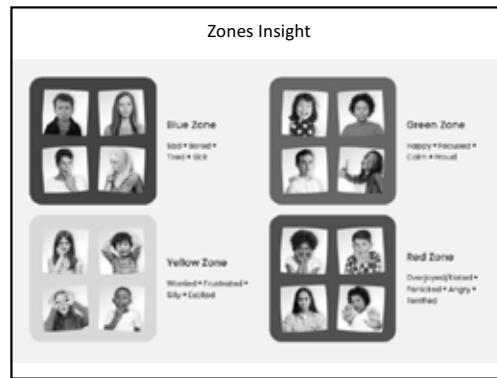
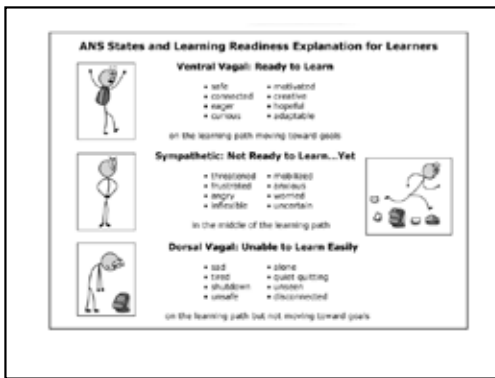
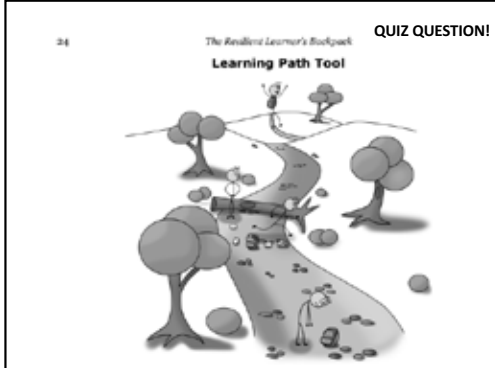
The dorsal vagal, sympathetic, and fight or flight responses are all about that thinking to help me the world and all its potential danger. Remember that a dorsal vagal response is the ability to slow to the world because it both the physical or emotional world to be in.

There are other blended states. Let's take that blended state into it. In this part of your personal journey, it's about your personal journey to be able to slow to the calm state and begin observing those states to yourself, your family members, others around you, and your students. While reading books or watching stories, notice when you're in and out of different mind states. It's a practice to observe.

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**ANS States and Learning Readiness**

**Ready Rabbit: Ready to Learn**  
 I feel safe.  
 I know I can learn.  
 I am interested in learning new things.

**Restless Raccoon: Not Ready to Learn...Yet**  
 I feel like I can't pay attention.  
 I feel stressed or mad about learning.  
 I need to move my body to get ready to learn.

**Tender Turtle: Unable to Learn Easily**  
 I feel tired or sad.  
 I don't think I can learn very well.  
 If I try, I'm afraid I might get it wrong.

*The*  
**LEARNING PATH**  
 Focus • Regulation • Engagement

A Color Supplement for  
 The Resilient Learner's Backpack  
 Developmental Levels: TE-5  
 DR. DEBRA EM WILSON

**Adorable Rabbit, Raccoon, Turtle Finger Puppets**

Shalea's puppets go with her from apartment to our "big house."

Shalea's Key to Independence

**Step 2**

1. **Monitor Strategies**
  - Monitor Strategies
  - Monitor State Changes
  - Monitor for Engagement
2. **Provide Moments of Connection**
  - Coasting Activities
  - Window Drifting Activities
3. **Learning Hub**
  - Movement
  - Light Brain Activities
4. **Recall Connection**
  - Organize Spaces and Safety Near/From
  - Calming Skills and Demands
5. **Provide Sources of Regulation**
  - Monitoring with Senses
  - Movement Activities
6. **Increase signals of safety and connection**
  - I.O.B. Formula
  - Presence of Safety
  - C.U.A. and the Learning
7. **Rebuild your nervous system**
  - Observe ANS States
  - Monitor ANS States
  - Focus on ANS States

**The I.O.B. Formula**

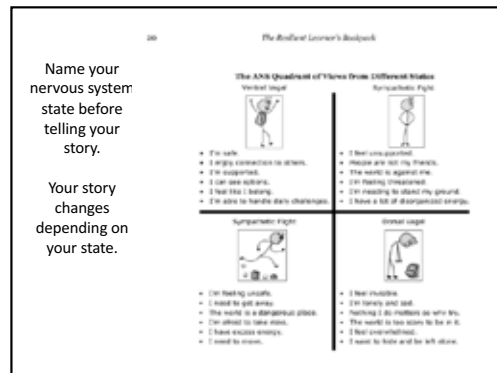
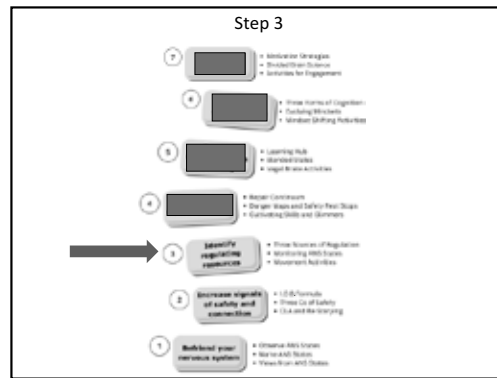
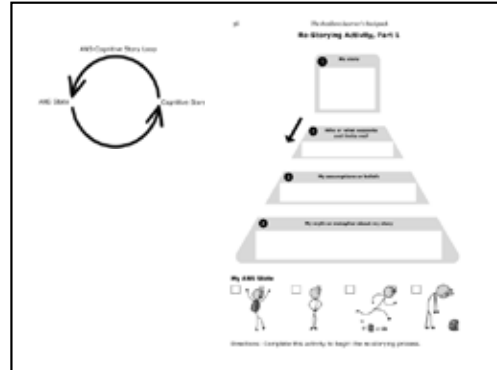
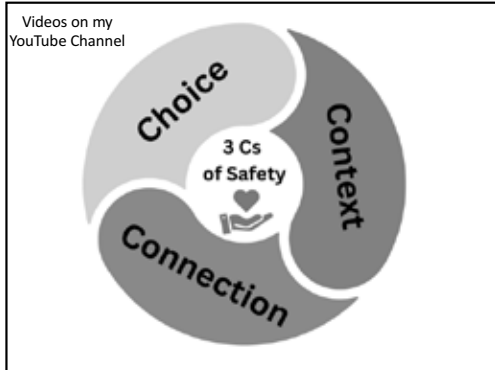
**Sense of Safety**

- Inside **I**
- Outside **O**
- Between **B**

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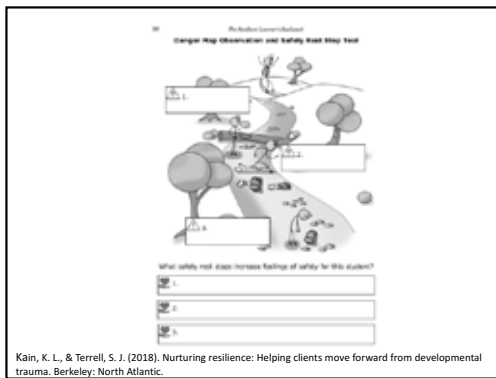
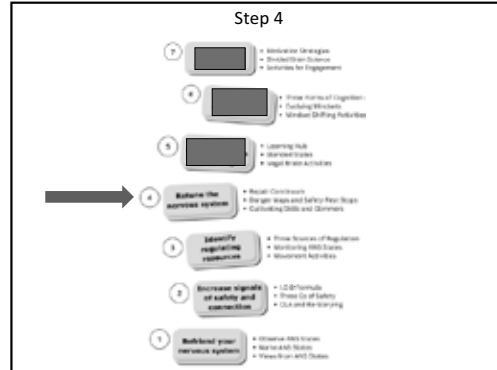
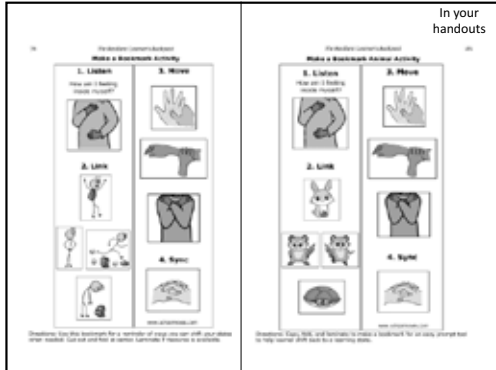
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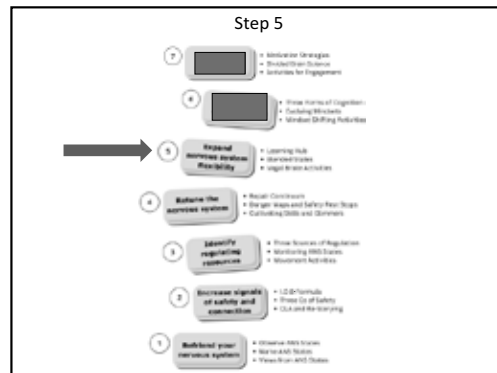
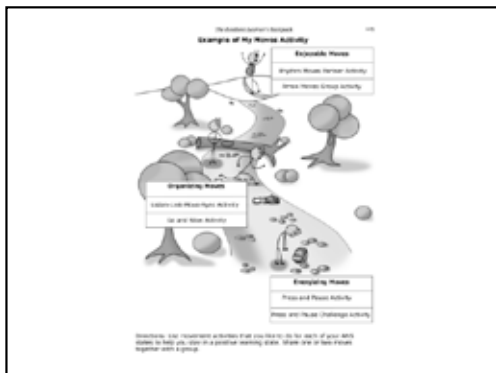
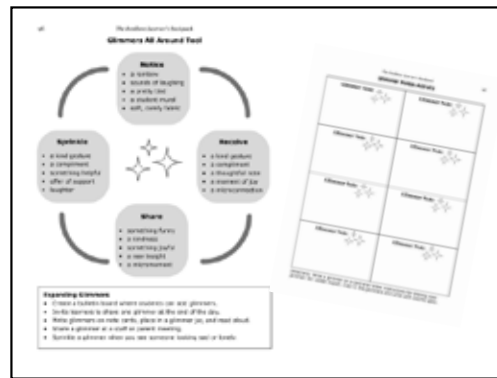
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Kain, K. L., & Terrell, S. J. (2018). Nurturing resilience: Helping clients move forward from developmental trauma. Berkeley: North Atlantic.



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Let's talk about the vagal brake. **QUIZ QUESTION!**

The ventral vagal brake:

- A. Is necessary for reducing heart rate after a sympathetic response
- B. Is key to transitioning from upbeat activities to calmer activities
- C. Can be retuned to function better
- D. All of the above




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**ANS Flexibility Observation Tool**

**Flexible ANS Blended States**

Learner is able to play.




Learner is able to be quietly still.




**Inflexible ANS Blended Responses**

Observation of quietly falling response



Observation of freeze response



In your handouts

**Quick and Quiet Activity**

Start Row 1

- Step 1: Hops 3 times
- Step 2: Feet in place, Count to 10
- Step 3: Dishes, get quiet and count, Step 2 to finish

Row 2

- Step 1: Hops 3 times
- Step 2: Starts right knee and then left, Step 4 to finish
- Step 3: Feet in place, Count to ten

Row 3

- Step 1: Dishes, get quiet and count, Step 2 to finish
- Step 2: Hops 3 times
- Step 3: Feet in place

Row 4

- Step 1: Hops right knee and then left, Step 4 to finish
- Step 2: Hops 3 times
- Step 3: Dishes, get quiet and count, Step 2 to finish


In your handouts

Retuning with the ventral pause


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**Press and Pause Activity**

Start Row 1



Row 2



**Step 6**

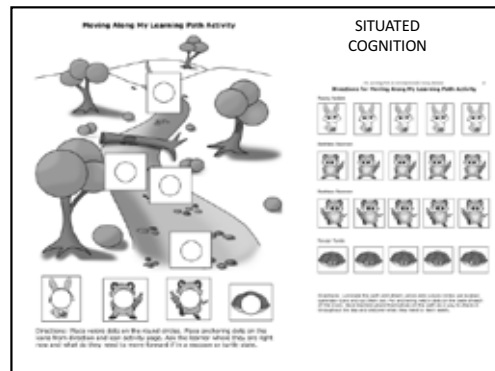
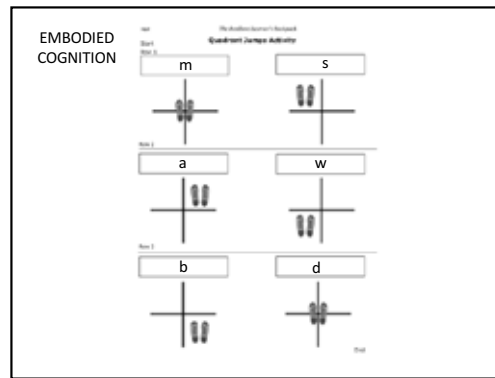
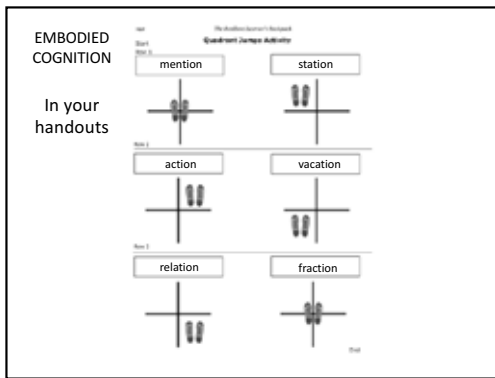
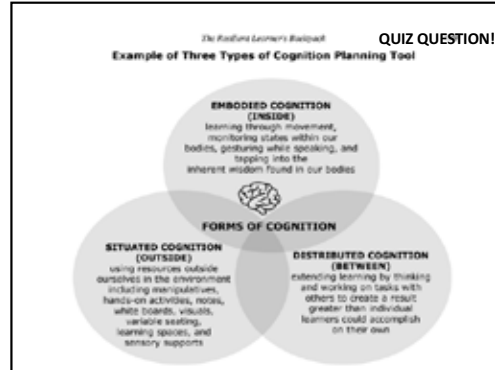
1. **Re-tune your nervous system**
  - Increase ANS tones
  - Increase ANS states
  - Waves from ANS states
2. **Increase signals of safety and connection**
  - 12 8" formula
  - Press Up of Safety
  - ULA and the Waving
3. **Identify regulatory resources**
  - Three Sources of Regulation
  - Movement Activities
  - Movement Activities
4. **Return the nervous system**
  - Recall Connections
  - Re-gain Step and Safety Posture
  - Counting 100s and 1000s
5. **Expand nervous system Resiliency**
  - Learning Hub
  - Movement States
  - Vagal Brain Activities
6. **Enhance cognitive load**
  - Attention Strategies
  - Mathematical Games
  - Activities for Engagement



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**DISTRIBUTED COGNITION**

The Resilient Learner's Backpack  
**Arrow Mouse Group Activity**

Step 1: cat → mat

Step 2: sat → vat

Step 3: bat → hat

Step 4: fat → pat

Includes: Arrow Mouse pointing activity

**Step 6**

- Engage the divided brain
  - Attention Demands
  - Executive Function
  - Activities for Engagement
- Reduce cognitive load
  - Break Down of Cognitive
  - Chunking Material
  - Window Drifting Reduction
- Reduce nervous system flexibility
  - Learning Task
  - Attentional States
  - Single Brain Activities
- Return the nervous system
  - Relaxation
  - The 90-10 Rule and Safety Rest Steps
  - Guiding Skills and Strategies
- Identify regulating resources
  - Three Sources of Regulation
  - Monitoring 90/10 States
  - Movement Activities
- Increase signals of safety and connection
  - 120-20 Formula
  - Three Cs of Safety
  - Check and Re-Strategy
- Reaffirm your executive system
  - Attentional Skills
  - Motor Skills
  - Three Brain AED States

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**Engaging the Divided Brain Tool**

Left Hemisphere	Right Hemisphere
rules	free play
checklists, worksheets	sensory, movement
safety, low risk	curious, risk-taker
boundaries	exploration
closed loop	open loop
either/or	both/and

McGilchrist, I. (2018). *The master and his emissary: The divided brain and the making of the Western world*. New Haven, CT: Yale University Press.

The Resilient Learner's Backpack

**Menu of Activities for Engaging the Divided Brain, Part 1**

**Menu of Activities for Engaging the Divided Brain, Part 2**

**Menu of Activities for Engaging the Divided Brain, Part 3**

*The* **BOP-BINK-BOUNCE BOOK**

ACTIVITIES TO ENHANCE  
 → FOCUS  
 → REGULATION  
 → ENGAGEMENT

BOP BINK BOUNCE

A COLOR SUPPLEMENT FOR  
 THE RESILIENT LEARNER'S BACKPACK

DR. DEBRA EM WILSON

The Resilient Learner's Backpack

**BOP-BINK-BOUNCE COLOR ACTIVITY, Side A**

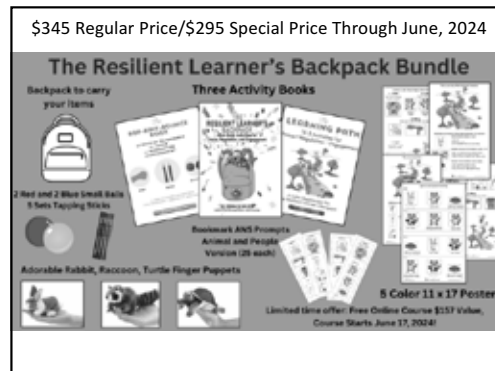
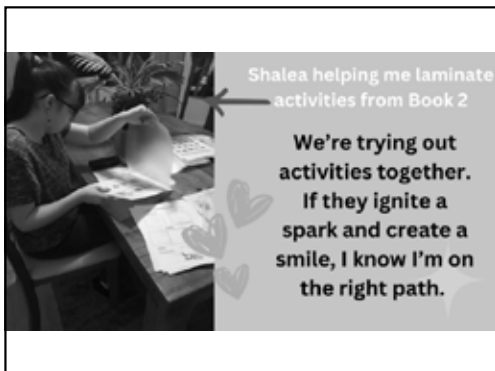
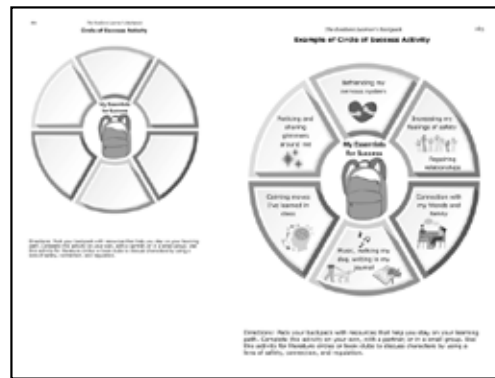
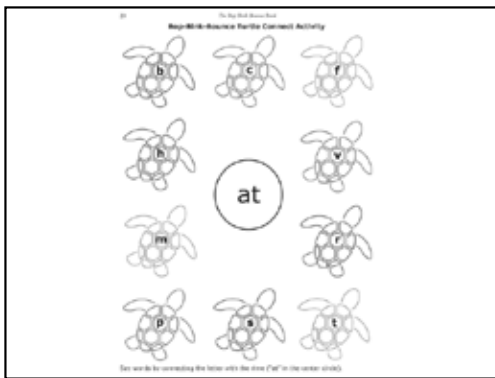
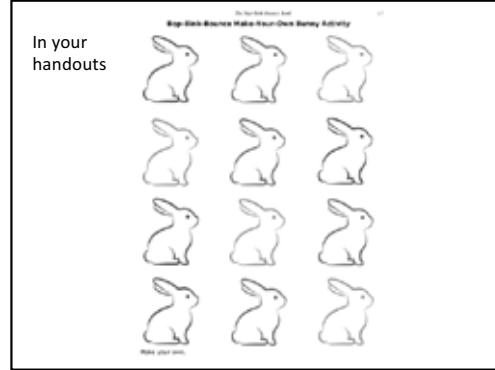
R	L	B
L	P	R
B	L	R
P	L	B

Follow instructions on page 6. Use colors R and B repeatedly, but never through.

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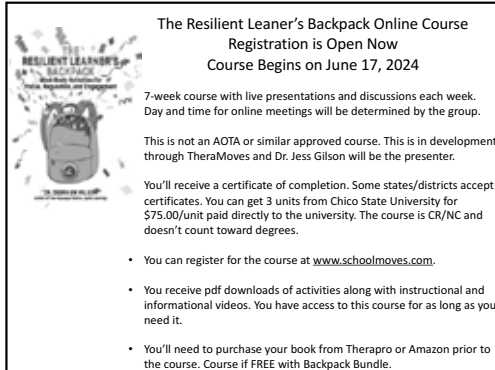
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The Resilient Learner's Backpack Online Course  
Registration is Open Now  
Course Begins on June 17, 2024

7-week course with live presentations and discussions each week. Day and time for online meetings will be determined by the group.

This is not an AOTA or similar approved course. This is in development through TheraMoves and Dr. Jess Gilson will be the presenter.

You'll receive a certificate of completion. Some states/districts accept certificates. You can get 3 units from Chico State University for \$75.00/unit paid directly to the university. The course is CR/NC and doesn't count toward degrees.

- You can register for the course at [www.schoolmoves.com](http://www.schoolmoves.com).
- You receive pdf downloads of activities along with instructional and informational videos. You have access to this course for as long as you need it.
- You'll need to purchase your book from Therapro or Amazon prior to the course. Course is FREE with Backpack Bundle.

[www.schoolmoves.com](http://www.schoolmoves.com)

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