

HOW DO
EXPERIENCES
SHAPE THE BRAIN?

THE DEVELOPING AND GROWING BRAIN

Infants and children learn about the world constantly.
What happens in a child's life matters.

Experience shapes the brain. The cells in our brain communicate with each other through chemical and electrical signals. These signals form into patterns that help us understand and respond to whatever is happening at any moment.

They lead to patterns in our emotions and thoughts. We can think of these patterns as "response zones."



RESPONSE ZONES

RED ZONE

The person is emotional, heated, or shut down. The person may feel overwhelmed. When in the red zone, the person is not able to think clearly or respond.

YELLOW ZONE

The person has big feelings but is able to calm themselves with a bit of time and/or with help, and start to think about what is happening.

GREEN ZONE

The person is calm and able to think clearly, make sense of things, and learn.



South Coast Together

GREEN ZONE

REFLECTION:

What does it look like when your child is "in their green, yellow or red zone?"

YELLOW ZONE

RED ZONE