

CONNECTION CENTER INTAKE DAY 1

Part 1: Students sign in.

Part 2: Students complete *Learning Center Student Workbook*.

Part 3: Students are invited to make Vision Boards.

Part 4: Group introductions.

Part 5: HANDY BRAIN MODEL

Intro: Do you have stress, anxiety, conflict? Learn to tame your brain to avoid getting into trouble.

Watch this video: <https://youtu.be/qFTljLo1bK8>

Provide students with handout and explain the handy model and have students go through the motions.

Part 6: Talk about coping and re-centering skills to calm down in times of stress. Have students list skills and techniques and write them on the board.

Part 7: Offer DBT skills.

Part 8: Talk about the importance of self-care and the Healthy Mind Platter, which will set students up with resilient minds.

Seven daily essential mental activities to optimize brain matter and create well-being

Focus Time	When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
Play Time	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
Connecting Time	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
Physical Time	When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
Time In	When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
Down Time	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
Sleep Time	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

Part 9: Review Attendance and Academic Progress Expectations.

Part 10: Academic Planning and Credit Mapping. Utilize *Alternative Programs Graduation Check List* and *Education Plan Worksheet* handouts.

