

# Brain-Ready Reflection Sheet

Video Title: \_\_\_\_\_




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## BEFORE YOU WATCH

### Quick Check-In

Circle how your brain/body feels right now:

-  Calm
-  Okay
-  Stressed
-  Tired
-  Frustrated
-  Overwhelmed

## WHILE YOU WATCH

### Listen For:

- One idea that surprised me
- One thing that reminded me of my child
- One thing that reminded me of ME
- One brain-ready strategy I want to try

# AFTER WATCHING

**What stood out to you most?**

**What idea made the most sense to you?**

**Did this video help you understand behavior differently?**

- Yes
- A little
- Not yet

If yes, how?

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## Brain-Ready Reflection

**Complete this sentence:**

“Maybe my child is not trying to give me a hard time... maybe their brain is trying to \_\_\_\_\_.”

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# One Small Shift I Want to Try This Week:

- Pause before reacting
- Use calmer language
- Add more connection
- Reduce overwhelm
- Add movement
- Listen more carefully
- Create a calmer routine
- Help my child feel emotionally safer
- Other: \_\_\_\_\_

## Final Thought

What children experience repeatedly becomes part of their nervous system pattern.

Small brain-ready shifts matter.

Even now.