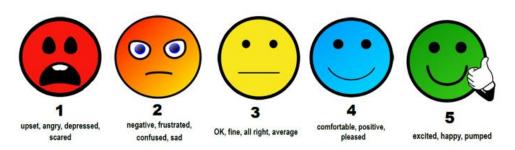


**REBOOT** is an innovative, proven program that addresses barriers to engagement arising from childhood adversity, trauma and low socio-educational advantage.

#### Based in:

- neuroscience/neurology
- positive and developmental psychology
- trauma-informed practice
- o mindfulness
- social change theory
- Best practice in whole-brain teaching, learning and support
- Gain access to the executive functioning of the cerebral cortex
- Skills for a rewarding and healthy life



We check in with other to see how we are feeling and what we can do to help support each other.

neboot

We understand that we all have varying degrees of knowledge and experiences. At any time we can feel quite anxious when learning something completely unfamiliar but at other times we already have a sense of mastery - we know what this is all about and are very comfortable with what we are learning. This is natural and applies to ALL people – teachers as well.

What **REBOOT** seeks to instil in us all is a sense that we can overcome the speedbumps and roadblocks and with help and the right attitude we can be successful. We look at this in more depth in following newsletters.

#### LEARNING ZONE

- Uncertainty, questioning
- Curious, vulnerable, excited Slow and thorough
- Focused on the details
- Careful and thoughtful
- Tiring, anxious
- Seeks help
- "Is this right?"
- "I'm not sure how to do this."

## **Mastery Zone**

- Sense of accomplishment, joy
- Automated and natural responses Ease and comfort with material
- Able to think and do quickly
- Optimistic, positive, relaxed Sense of pride and self-worth
- Focused on the big picture
- 'Can I help you?
- "This is great/that was cool."
- "What's next?"

# E:LINE:NF:'NPPN

## Trying Zone

- Impatient, anxious, irritable
- Trying hard, stuck, no traction Hopeless, exhausted, no clarity
- Frustrated, stressed, in denial
- Confusion, overwhelm Compulsive/perfectionistic
- "I've got so much to do."
  "I just can't understand it!"
- "I wish I was finished. "I don't know what to do."

### SURVIVAL ZONE

- Angry, defiant
- Exhausted, empty
- Scared, depressed, suspicious
- Can't seem to get started Hopeless, easily distracted
- Burnt out
- "You think I'm stupid!"
- "This is boring/crap/dumb/stupid etc."
- "I've done this before."



Tanya Hayden – Deputy Principal