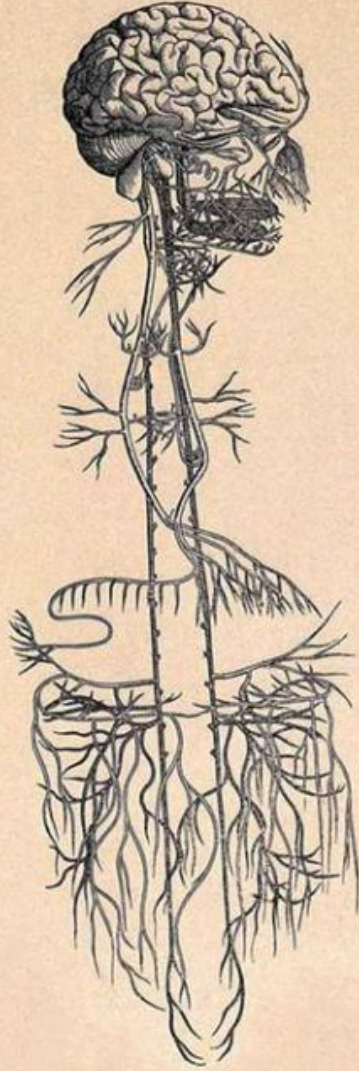


The science of
connection:
Polyvagal
Theory in the
classroom



"If you want to
improve the
world, start by
making people
feel safer."
Stephen Porges

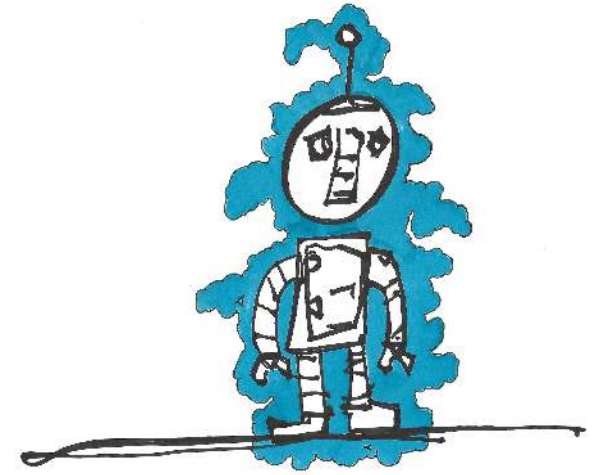
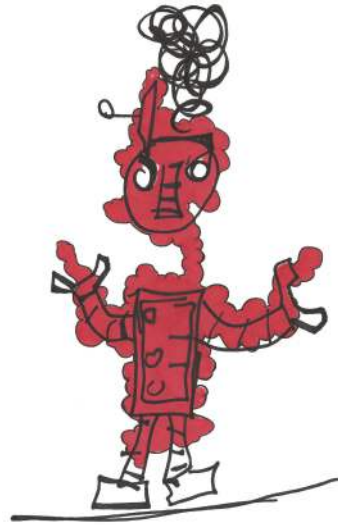
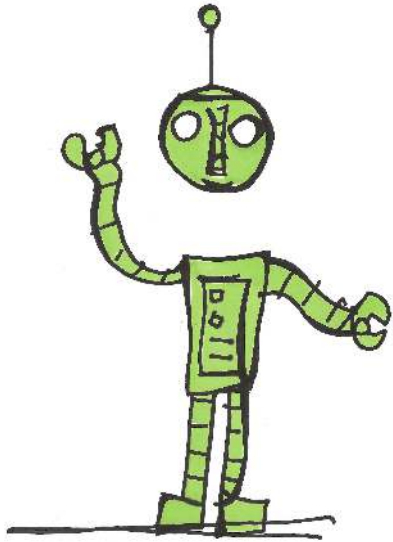


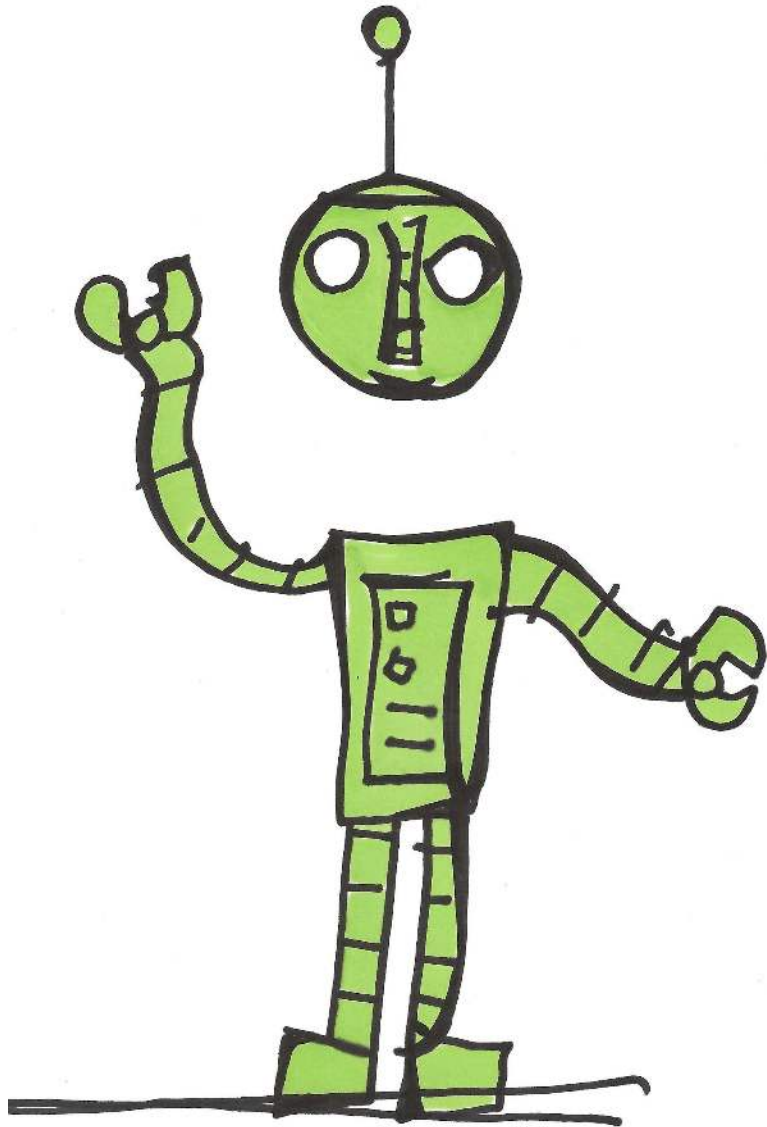


Principles of Polyvagal Theory

- Neuroception
- Co-regulation
- 3 states of the autonomic nervous system (red, blue, green)

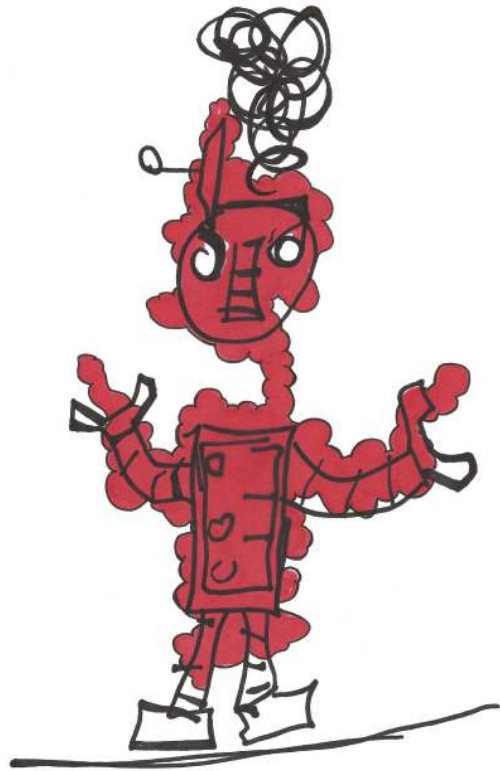
Autonomic States





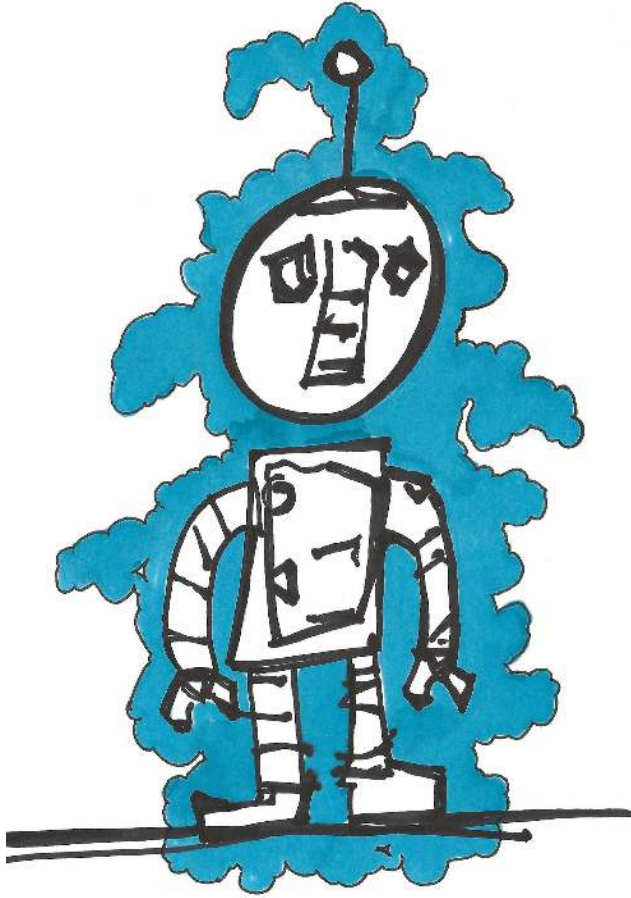
Ventral Vagal

- Feel safe
- Available for connection
- Voluntarily make eye contact
- Relaxed body
- Voice has prosody
- Engaged with the world
- Ready to learn
- Open to new ideas



Sympathetic

- Irritable
- Upset stomach
- Tense body
- Anxious
- Tight voice
- Rigid mindset
- Angry
- Fight or flight response



Dorsal Vagal

- Depressed
- Numb
- Extra tired
- Feel isolated
- Distant
- Constipated
- Little to no eye contact
- Freeze response



• "Play is a neural exercise"

Dr. Stephen Porges

make this your own

teachers are alchemists

- study and respect your own nervous system and use it wisely
- don't hide your color from your students, name your color, take breaks
- you need a strong pre and post game everyday you are in the classroom
- singing in the car, walk, change clothes
- shake it off

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