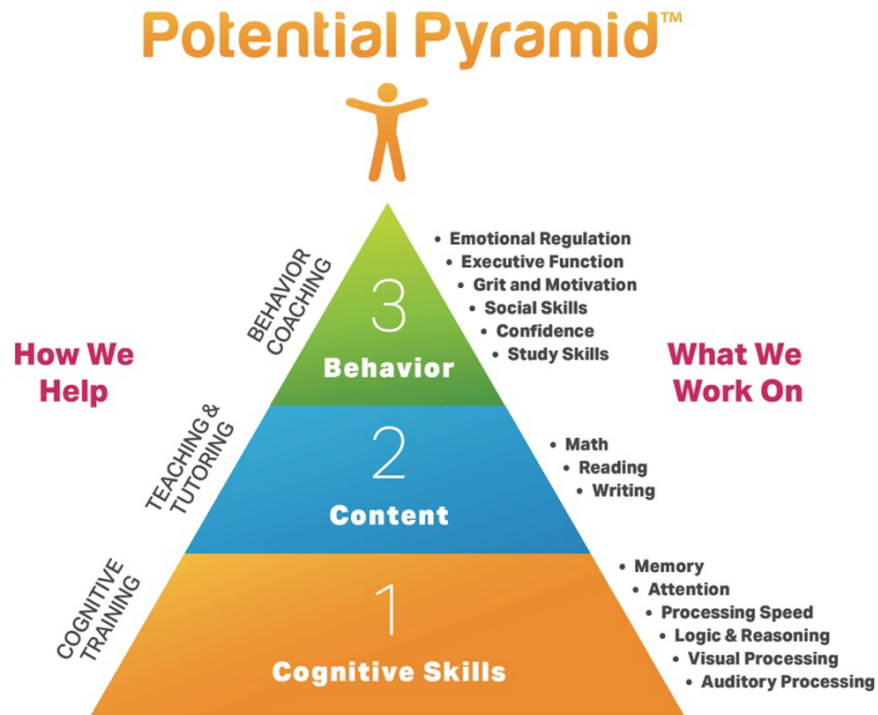


# *Wired for Resilience: Building Emotional Regulation and a Growth Mindset through Brain Science*



© 2025 Hope 29:11, Inc. dba The Nectar Group

## NOTES:

---

---

---

---

---

---

---

---



(303)333-3248 | [TheNectarGroup.com](http://TheNectarGroup.com) | [GetAnswers@TheNectarGroup.net](mailto:GetAnswers@TheNectarGroup.net)

©2019 Hope 29:11, Inc. dba The Nectar Group

## *The Role of Cognitive Skills in Emotional Regulation:*

# How do cognitive deficits impact our ability to adapt and build resiliency?

### Strong Logic and Reasoning:

- Provides the thinking capacity for emotional regulation, growth mindset, and social thinking
- Gives understanding of why rules are important and how they keep us safe
- Helps with metacognition (the ability to think about our thinking) and thus analyze mistakes and what changes can be made to prevent the same mistakes in the future
- Allows us to connect consequences to behavior

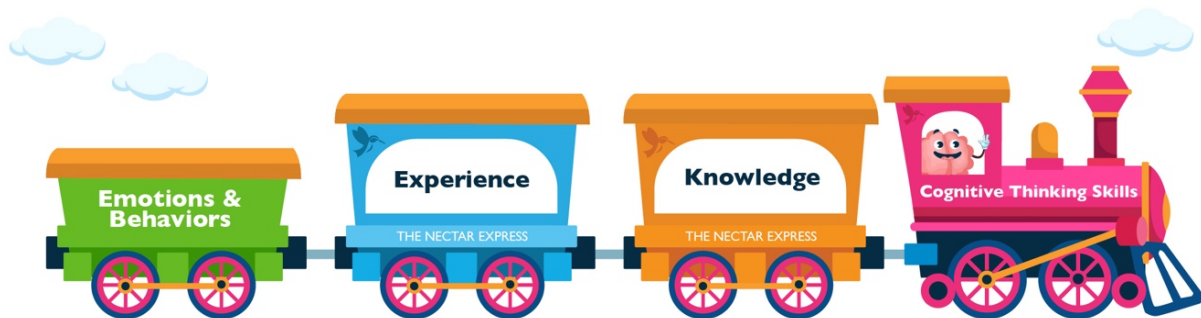
### Slow Processing Speed:

- Triggers anxiety and the activation of our sympathetic nervous system creating a state of fight, flight or freeze!
- Causes an inability to focus, multi-task, manage distractions and regulate attention
- Creates system overload and frustration, causing poor emotional regulation

### Poor Memory

- Impacts our ability to remember rules, past experiences, and strategies
- Limits the ability to pay attention, follow directions, and execute on expectations

*Strong cognitive skills keep our rational brain driving the train and our emotions and behaviors follow!*



© 2024 Hope 29:11, Inc. dba The Nectar Group



(303)333-3248 | [TheNectarGroup.com](http://TheNectarGroup.com) | [GetAnswers@TheNectarGroup.net](mailto:GetAnswers@TheNectarGroup.net)

©2019 Hope 29:11, Inc. dba The Nectar Group

## *How do you help your child develop a STRONG brain?*

### *Assess and treat any weaknesses in cognitive function.*

1. Cognitive or psychoeducational testing to learn their strengths and weaknesses!
  - a. Comprehensive cognitive assessment for all 7 skills or full psychoeducational testing which includes cognitive plus academic and behavioral testing
2. Utilize neuroplasticity to correct cognitive deficits
  - a. Cognitive training for any of the 7 skills
3. Address behaviors like emotional regulation, growth mindset, and social thinking now that their brain is PRIMED for building emotional regulation systems, techniques, and mindsets

## *How do you ensure you are using structured and supportive parenting systems?*

### *Provide opportunities for guided problem solving:*

Guiding Problem Solving	
<b>Step 1: Provide a Strong dose of empathy.</b>	"This has got to be so hard."
<b>Step 2: Hand the problem back in a loving way.</b>	"What do you think you are going to do?"
<b>Step 3: When they reply "I don't know," ask permission to share what 'some kids' decide to do.</b>	"Would you like to hear what some kids decide to do?"
<b>Step 4: Share two or three options.</b>	"Some kids decide to _____. Other kids try ____ or _____. How would one of those options work for you?"
<b>Step 5: Allow your child to solve the problem as they see fit.</b>	"I can't wait to hear what you decide. I believe in you!"


By Jim Fay, Love & Logic Institute



## How do you foster the development of a Growth Mindset?

*Focus on praising effort vs. intelligence:*

Parent Praise: Effort vs. Intelligence
I see you are putting in a lot of effort to achieve your best work!
I like how you used different strategies to figure out how to complete the task!
I can see all your hard work has made a difference. What could you do next to challenge yourself?
You have mastered _____. You should be proud of all your hard work!
What did you learn from working through this task?
Are you proud of your work? What could you do to make it better?




**10 Growth Mindset Statements**

What can I say to myself?

**INSTEAD OF:**

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do Math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan "A" didn't work.



**TRY THINKING:**

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylviaduckworth



### How do you teach Emotional Regulation?

1. Teach kids how to identify and categorize emotions
2. Learn that all emotions are okay, all behaviors are not
3. Develop regulation tools for all emotions
  - a. Use the 3 R's: Regulate, Reflect and Respond

### **Resources for Parents:**

1. Growth Mindset Pocketbook by Barry Haymer & Mike Gershon
2. Raising Mentally Strong Kids by Dr. Daniel Amen & Charles Fay
3. Parenting the Whole Child by Dr. Scott Shannon, MD

### **Resources for Kids:**

1. Captain Snout and the Superpower Questions by Dr. Daniel Amen
2. A Perfectly Messed-Up Story by Patrick McDonnell
3. Rosie Revere, Engineer by Andrea Beaty
4. Books by Julia Cook
5. Big Life Journal

### Action Plan:

- ***Schedule an assessment*** at Nectar to understand the root causes of any challenges your child is experiencing with resiliency: growth mindset, emotional regulation, or relationships.
- ***Create an intervention plan*** to addressing any issues on the 3 tiers of the pyramid:
  - ***Cognitive Training*** at Nectar for cognitive deficits
  - ***Behavior Coaching Wired for Resilience program*** at Nectar for emotional regulation, growth mindset, and social thinking skills.
- At home ***implement structured and supportive parenting systems*** to support problem solving, emotional regulation, and growth mindset!
- ***Contact the Nectar team*** for help!

