



Your Amazing Brain! And how to be the boss of it.

If you could teach one set of skills to every child in the world, what would it be? What if it could be something that would bring intelligence and compassion to decision-making, reduce violence, embed within humanity a drive towards kindness and empathy, and build relationships that heal, nurture and flourish those who are in them? Social and emotional intelligence lies at the heart of this, and neuroscience can provide the scaffold to build these vital qualities. With growing insights into the development of the brain we have never been more equipped to provide our children with the information they need to thrive. In this fun, child-friendly, introduction to neuroscience, children will learn:

- how feelings happen in the brain, and how to be the boss of their big feelings;
- the feeling brain and the thinking brain, and how to make sure they work as a team;
- why kindness is important, and what happens in the brain when people are bullied;
- how to build courage and resilience;
- how to strengthen against anxiety and make way for brave behaviour;
- why habits can be hard to break;
- why learning new things can be difficult at first, and how time and effort can change the brain to become stronger and better at anything;
- how new behaviours happen in the brain, and how to build healthy ones;
- how the brain changes according to experience;
- getting the foundations right - what the brain needs to be the best it can be.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.