

Tuning Up and Calming Down

- I. The brain as a fine instrument
 - Functions: movement, thinking, emotions, sensory processing
 - Works best when its needs are met
 - Continuously dynamic interaction

- II. How easy is it to get into/maintain a comfortable zone of alertness/excitement?
 - Playing a video game or watching TV
 - Driving
 - Meeting new people
 - Job interviews

- III. Sensory ways to influence our brains' state of excitement/focus

Sensation	Often Calming	Often Exciting
Vision		
Hearing		
Touch/ Pressure		
Movement		
Smell		
Taste		