

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

APPLIED EDUCATIONAL NEUROSCIENCE (DR. LORI DESAUTELS)

Dr. Lori Desautels is an educator, author, and researcher whose work focuses on **Applied Educational Neuroscience**—the use of brain science to inform trauma-informed, relationship-centered teaching practices. Her work supports the emotional regulation and wellbeing of both students and educators.

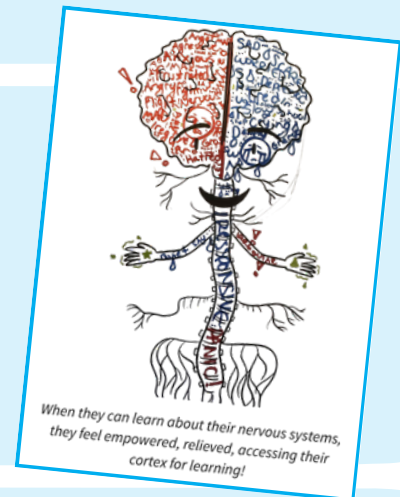
WHAT?

She describes **four key pillars** for creating these environments:

- **Regulated Adults:** Adults (teachers, staff) must be regulated themselves to help regulate students. (Staff wellbeing and morale are essential prerequisites for regulation)
- **Explicit Co-Regulation Strategies:** Teaching and practicing strategies for adults and students to help each other regulate emotions.
- **Positive and Proactive Relationship Building:** Cultivating strong, trust-based relationships within the school community.
- **Neuro-Education:** Teaching students and adults about how their brains work, particularly in relation to stress, emotions, and learning.

WHY?

- Neuroscience shows that stress, trauma, and adversity affect how children behave and learn.
- Dr. Desautels bridges this science with classroom practice, helping educators understand the **brain-body connection** and how emotional dysregulation impacts learning.
- Her work emphasises that **co-regulation, connection, and predictability** are essential for children's readiness to learn.
- Regulation strategies support inclusion, behaviour, and engagement—especially for children who have experienced adversity.



SEL?

- **Introduce daily regulation routines** using short, body-based activities from *Body and Brain Brilliance* (e.g., breathwork, movement, sensory breaks).
- **Use brain-aligned language** to help children understand their stress responses (e.g., "Your downstairs brain is trying to protect you—let's help it feel safe").
- **Create co-regulation spaces** like calm corners with tools that support nervous system regulation.
- Embed strategies into **transitions, morning meetings, or PSHE/SEL lessons.**
- Help staff understand how behaviour is linked to brain states, shifting from "What's wrong with you?" to "**What's happened to you?**" and "**What do you need?**"

FIND OUT MORE

- **Revelations in Education** – Lori Desautels website – More information about AEN, detail of her books, resources and a FREE stuff to download.
- **YouTube Channel - Lori Desautels**
- **Edutopia website** - a number of articles / blogs by Dr Desautels - worth a look
- **Social media** - Dr. D often shares insightful thoughts / snippets of her work on social media.
- **Book**
 - *Body and Brain Brilliance: A Toolkit for Creating Regulation and Resilience in the Classroom* (2023)

SEE ALSO Brain Breaks / FoAPs / Neuroplasticity