

The Developing Brain

Practical Application Worksheet

Use these reflection questions to apply what you learned about brain development to your own family. Take your time — there are no right or wrong answers.

Reflection Questions

1. Think of a recent moment when your child was outside their ‘window of tolerance.’ What signs did you notice (hyperarousal or hypoarousal)?

2. How did you respond? Looking back, would you change anything about your approach?

3. Which of the three brain layers do you think was most activated in that moment?

4. Choose one of the five practical strategies to try this week. Write it here as a commitment:

5. After trying it, note what happened. What worked? What was hard?

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