

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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