

Common Triggers and Golden Maximizers

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From Baseline to Enrichment: The Seven Golden Maximizers by Eric Jensen

- Brain based learning
- Maximize their potential
- 7 positive and proactive factors that help a child become their best selves.

Common Triggers

- Restriction of movement
- Powerlessness
- Confrontation
- Rejection/Isolation
- Ambiguity/Unpredictability
- Overstimulation
- Understimulation
- Nutrition

Or a combination of these triggers

Golden Maximizers

- Physical Activity and Exploration
- Learning that is Novel, Meaningful and Challenging
- Managed Stress Levels
- Coherent Complexity
- Social and Community Support
- Nourishment
- Free Time

Restriction of Movement

6 Types of Movement:

- Oscillation – up and down (A)
- Rotary – spinning/rolling (A)
- Linear – back and forth (C)
- Inverted – upside down (C)
- Crashing – what it sounds like (A)
- Heavy Work – pushing, pulling, lifting (C)

*When bodies are out of control look to movement. 5 minutes of movement can get you 25-30 minutes of focused energy.

PHYSICAL ACTIVITY AND EXPLORATION

FREE TIME

MANAGED STRESS LEVELS

Powerlessness

- We want power WITH children not OVER children!
- Challenge, Choice and Control
- Authoritarian and Permissive caregivers

MANAGED STRESS LEVELS

**SOCIAL AND COMMUNITY
SUPPORT**

NOVEL LEARNING

Confrontation

- Be in control of temperament
- Count to ten before repeating directive
- Danger zone!

MANAGED STRESS LEVELS

**SOCIAL AND COMMUNITY
SUPPORT**

Rejection/Isolation

- Take a Break
- People vs. Task orientation
- May want someone to stay with them when upset

SOCIAL AND COMMUNITY SUPPORT

FREE TIME

MANAGED STRESS LEVELS

PHYSICAL ACTIVITY AND EXPLORATION

COHERENT COMPLEXITY (IN PLAY AND CONVERSATION)

Ambiguity/Unpredictability

- Pictorial rules and schedule
- What is the plan?
- No surprises
- Transition warnings

SOCIAL AND COMMUNITY SUPPORT

COHERENT COMPLEXITY

FREE TIME (TO ADJUST)

Overstimulation

- Visual
- Auditory
- Sensory threshold/comfort zone
- Too many directions at once

**PHYSICAL ACTIVITY – CALMING
MOVEMENTS**

COHERENT COMPLEXITY

MANAGED STRESS LEVELS

Understimulation

- Technology
- Lack of exercise
- A brain doesn't do boring well!

**PHYSICAL ACTIVITY - ALERTING
MOVEMENTS**

NOVEL/MEANINGFUL LEARNING

Nutrition

Solutions

1. Eat Protein
2. Fresh fruit/veggies
3. Minimize carbs
4. Drink water
5. Exercise
6. Oils and fats

NOURISHMENT

PHYSICAL ACTIVITY