

This learning guide is designed for use by Professional Learning Communities, learning coaches and teacher leaders or as a self-paced study.

***The Brain and
Emotion Regulation***
Module Three: Part A



This guide is intended to facilitate conversation after viewing the video clip [Module Three: *The Brain and Emotional Regulation*](#) (0:00 – 2:19 minutes)

General synopsis

Module Three: *The Brain and Emotion Regulation* covers three key points: Prenatal alcohol exposure A) impacts the brain's ability to regulate mood, emotions, and reactions to stress, B) impacts the brains' ability to regulate fight or flight, and C) impacts the brain's ability to self-regulate.

Key point A:

Prenatal exposure to Alcohol Impacts the Brain's Ability to Regulate Mood, Emotions, and Reactions to Stress

- The Hypothalamic Pituitary Adrenal Axis (HPA Axis) is responsible for a number of functions, including controlling moods, emotions, and reactions to stress.
- Three key components that impact this are attention, interpretation, and self-control.
- Attention requires gathering information from environmental cues (what's going on around us).
- Choosing the right course of action requires information to be accurately perceived and interpreted, which can be difficult for some individuals with FASD.

Questions for reflection and discussion:

- What are some examples of situations that may be misinterpreted by an individual with FASD?
- How do we support an individual with FASD when they have inaccurately interpreted and/or reacted to a situation?

For more information:

The Canada FASD Research Network (CanFASD) is a leading source for information related to FASD in Canada:

<http://www.canfasd.ca/>

Alberta FASD Home (Alberta government):

<http://fasd.alberta.ca/index.aspx>.

KNOWFASD is a resource maintained by the University of Alberta: www.knowfasd.ca

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