



## SYNERGETIC EDUCATION®INSTITUTE

### Top-Down and Bottom-Up Approaches to Developing Skills and Capacities

Skills or Capacity	Top-Down Approach	Bottom-Up Approach	Science or Concepts
Shifting & Stabilizing	<ul style="list-style-type: none"> <li>• Everyone Shift</li> <li>• Where's my Attention?</li> <li>• Collectively Shifting attention</li> <li>• Acknowledge Attention</li> <li>• Thinking Out Loud</li> <li>• Voice Their Choice</li> <li>• Be Reflective with a Broader Perspective</li> <li>• Facilitate Creating a Coherent Narrative</li> </ul>	<ul style="list-style-type: none"> <li>• Check-In</li> <li>• Communication of Physical Sensation</li> </ul>	<ul style="list-style-type: none"> <li>• Brain States</li> <li>• Mirror neuron system</li> <li>• Power of self-reflection</li> <li>• Timeline approach</li> <li>• Brain-aligned strategies</li> </ul>
Monitoring	<ul style="list-style-type: none"> <li>• Collectively Shifting attention</li> <li>• Sustained Attention</li> <li>• Fine-Tune Focus</li> </ul>	<ul style="list-style-type: none"> <li>• Check-In</li> <li>• Intentional Breathing</li> </ul>	
Recognizing what is happening in their bodies	<ul style="list-style-type: none"> <li>• Interoception – Teaching sensations in the body</li> <li>• Match or Mismatch Lesson</li> <li>• Braindrops</li> <li>• Learning Tools</li> </ul>	<ul style="list-style-type: none"> <li>• Scaffolding</li> <li>• Match or Mismatch Modeling</li> <li>• One foot in and one foot out</li> <li>• Check-In</li> <li>• Building Transition Capacity</li> <li>• Communication of Physical Sensation</li> </ul>	<ul style="list-style-type: none"> <li>• Safety starts in the brain</li> <li>• Nervous system and states of arousal</li> <li>• Interoception as prerequisite skill</li> </ul>
Exploring regulatory needs	<ul style="list-style-type: none"> <li>• Braindrops</li> <li>• Learning Tools</li> <li>• Match or Mismatch Lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Scaffolding</li> <li>• Check-In</li> <li>• Building Transition Capacity</li> <li>• Communication of Physical Sensation</li> <li>• Co-regulation</li> <li>• Match or Mismatch Modeling</li> </ul>	<ul style="list-style-type: none"> <li>• Using regulatory lens to view behavior</li> <li>• Understanding why regulation matters.</li> <li>• Being an external regulator</li> <li>• Balancing challenge and support, ZPD &amp; neurochemicals</li> </ul>
Determining effective strategies matching situation			