

Parents, Students, & Teachers are
invited to join us for

S.P.A

Featuring *Hettie Johnson*

Tuesday, February 26th

5:30 to 7:30 p.m.

Madison County Board of Education
1275 Jordan Road
Huntsville, AL 35811

SPA (Self-talk, Positive mistake correction, and Advocate for yourself) is an explicit crisis plan for our students that teaches them how to avoid brain shut-down by keeping their amygdala feeling safe. Anxiety can cause a crisis in our students' lives and learning when it results in fight, flight, or freeze and brain shut-down; stress impairs the use of executive functions in working memory, cognitive flexibility, and cognitive inhibition. SPA strategies help students keep the amygdala feeling safe in order to release "memory chip" neurotransmitters which enhance success by allowing access to executive functions while empowering self-confidence, motivation, and love of learning.

