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# S.I.F.T

## A Somatic Awareness Activity for Constructive Thinking

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Molly Nechvatal  
*Peaceful Perceptions Consulting*

# Molly Nechvatal

Peaceful Perceptions  
Consulting

B.A. English

M.S. Management and  
Organizational Behavior

National Board Certified Teacher

Gifted Teacher (22 years)

Middle School Teacher (23 years)

200 hr RYT

150 hr Trauma-Informed Yoga

Parent & Education Consultant

Author



## Contact me:

Email: [peacefulperceptionsconsulting@gmail.com](mailto:peacefulperceptionsconsulting@gmail.com)

Email: [mnechvatal@mac.com](mailto:mnechvatal@mac.com)

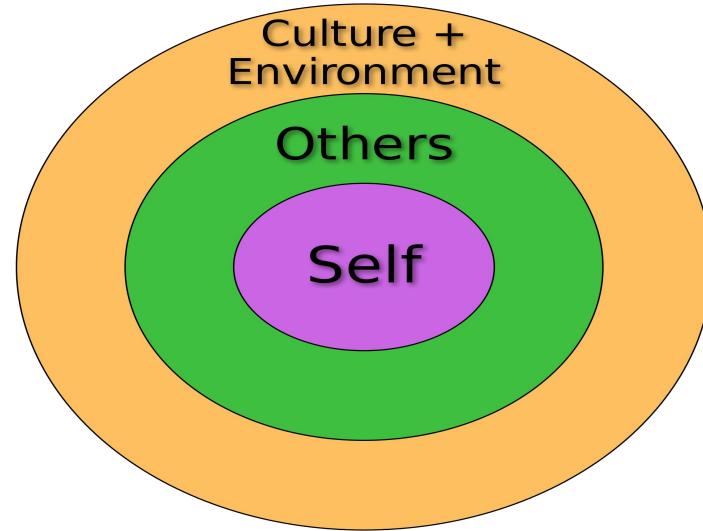
Twitter: [@ReachTeacher](https://twitter.com/@ReachTeacher)    [@RKidsTheseDays](https://twitter.com/@RKidsTheseDays)

Phone: [630-242-2660](tel:630-242-2660)

Blog: [Our Kids These Days](http://Our-Kids-These-Days.blogspot.com)

What is  
SOMATIC  
AWARENESS?

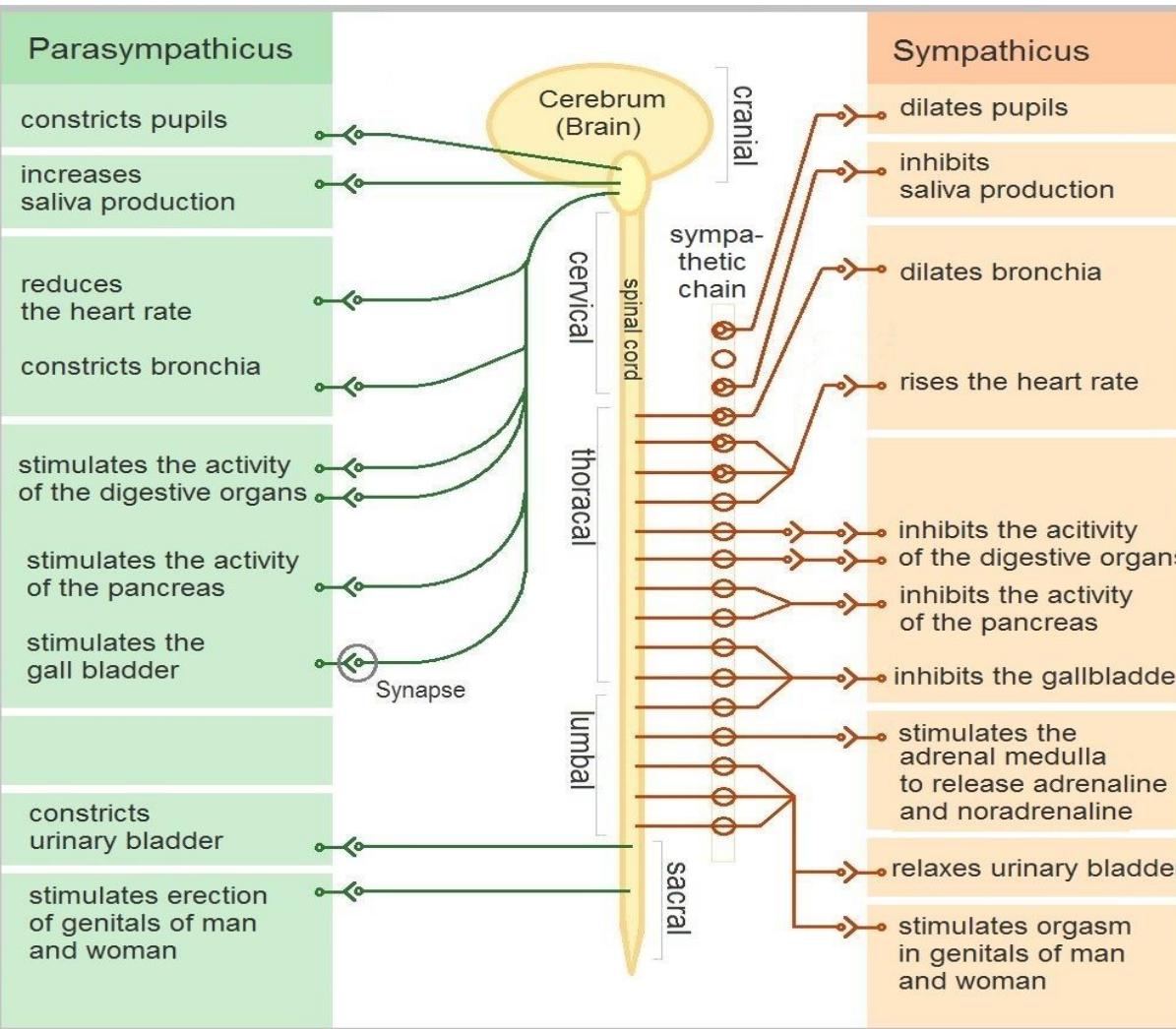
Identifying the  
“SELF” as separate  
from the  
environment.



Using **sensations** to identify  
psychological, physiological, and  
social factors to promote  
**self-regulation**.

# Somatic Nervous System

- ❖ Part of the Peripheral Nervous System (outside the brain and spinal cord)
- ❖ Responsible for collecting sensory information and directing it to the brain (Central Nervous System)
- ❖ Connects CNS to organs to initiate a VOLUNTARY response
  - Leg muscles contract in order to RUN or KICK
  - Reflexes that skip over voluntary response (knee-jerk response)



Brain receives input from our SENSES.

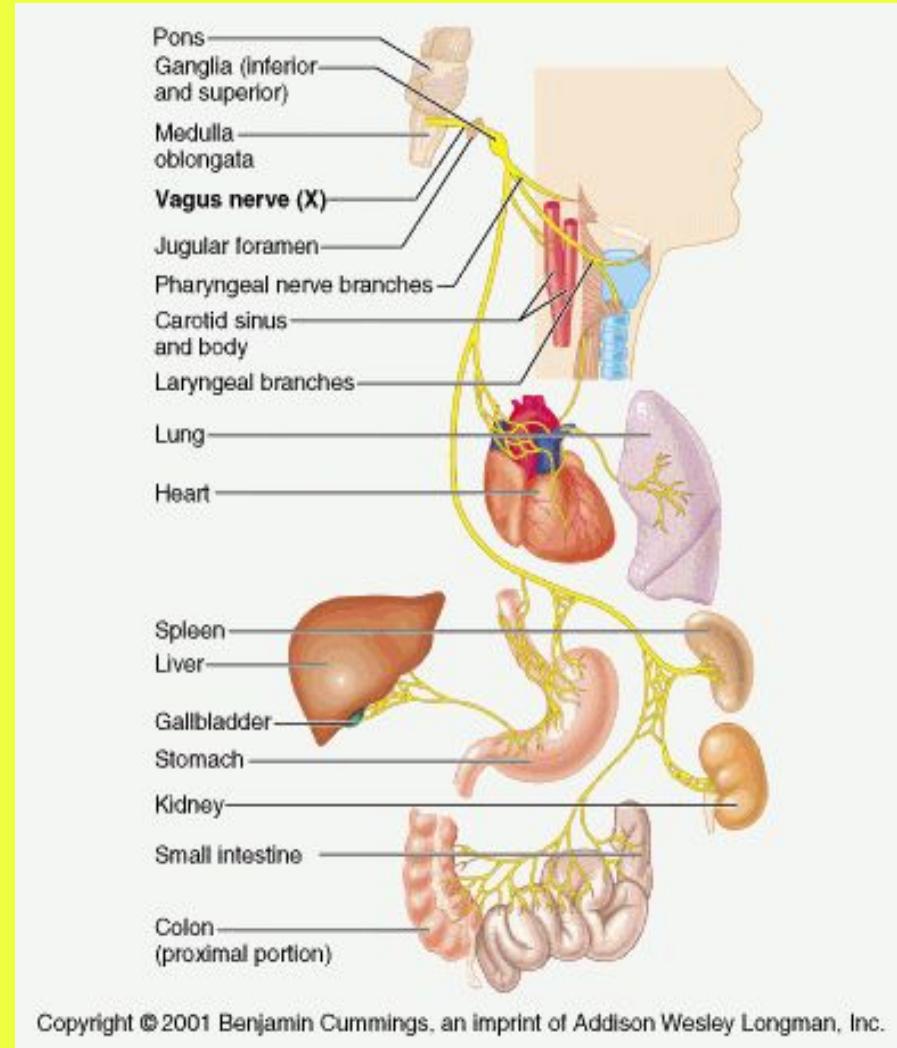
Sends messages via AUTONOMIC Nervous System.

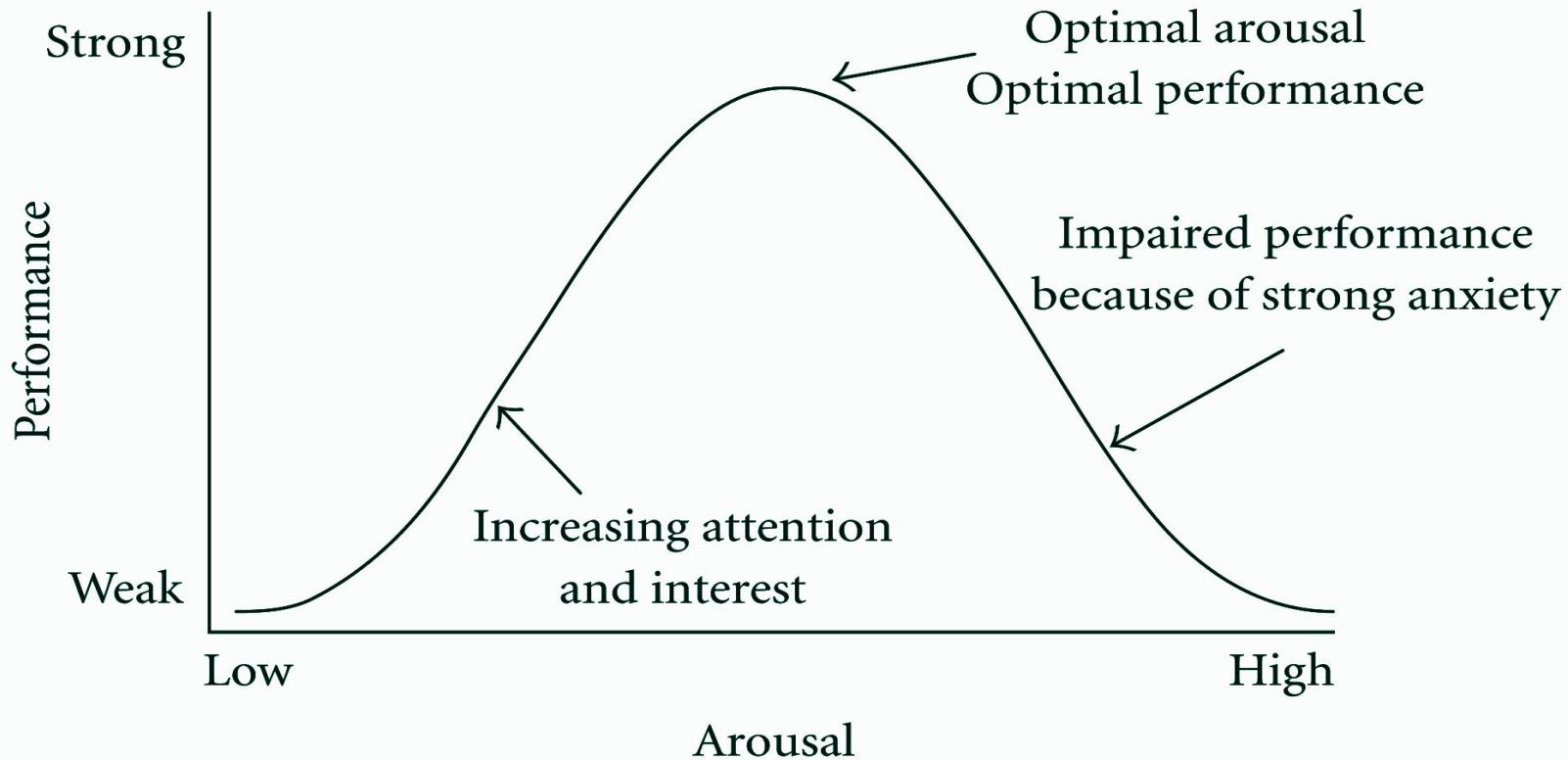
The MIND interprets these messages, which continues or interrupts ANS response.

# The Vagus Nerve

- ❖ The TENTH Cranial Nerve
- ❖ Longest Nerve in the Autonomic System  
(parasympathetic)
- ❖ Connects to organs
- ❖ “Heart Brain” and “Gut Brain”

**80% of the  
information to  
the BRAIN  
comes from the  
SMALL INTESTINE  
via the VAGUS  
NERVE**





# **“Are you ready for your math quiz today?”**

**You never told us  
we were going to  
have a quiz!**

I have to  
go to the  
nurse.



**- DVC -**



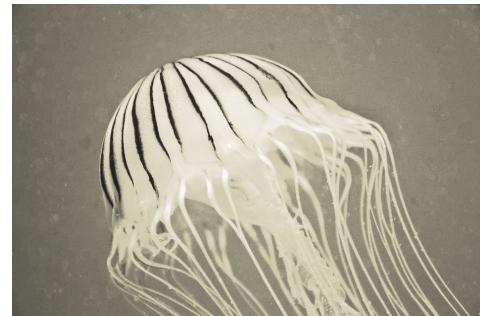
**- SNS -**



**- VWC -**

# THREE DISCRETE NERVOUS SYSTEMS

- *Ventral Mammalian*  
(Attachment /  
Problem-Solving)
- *Sympathetic Reptilian*  
(Fight / Flight / Bite)
- *Dorsal Jelly-Belly*  
(Survival; Senses whether  
to APPROACH or RETREAT)



**Activate from the  
BOTTOM**

Mammal



Reptile



Jellyfish

**Is this dangerous?**

**Do I need to  
defend myself?**

**Can I solve this  
problem?**

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# SOMATIC AWARENESS helps...

- Kids who are “**stuck**” in fight, flight, bite or freeze (shut-down)
- Panic, Fear, Avoidance, and Anger to be **released** from the body so that the mind/brain can think, problem-solve, plan

# HOW does it work?

**SENSATIONS --IMAGERY-- FEELINGS --THOUGHTS**

- **Sensations** inform our brain, which
- **Imagines** a previous connection which creates
- **Feelings** that lead to a pattern of
- **Thoughts**, forming beliefs and actions.

# FACE IT -- What is happening?

Situation	SENSATION	IMAGERY	FEELING	THINKING
It's Monday. I'm tired, I'm not sure what today's lesson is. Oh yay, several <b>admin</b> <b>walk in to</b> <b>observe me</b> and my rigorous instruction.				

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# REPLACE IT -- What can I do/ imagine/ feel/ think instead?

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# KIDS -- *WE* create the SIFT to activate thinking

Situation	SENSATION	IMAGERY	FEELING	THINKING
Ex: our class is starting a new math concept (fractions)	Let's use our <b>Fingers to tap out a pattern.</b> (Like a piano, left to right, fingers to head)	Imagine a row of <b>piano keys that light up</b> when you touch it. What (color, sound, vibration, etc) do you imagine?	The music from these “magical” keys sounds like a <b>victory</b> song/ happy song, etc	Let's see if we can find some <b>patterns</b> with fractions too!
Molly is Resistant, Angry, Worried.				

# Easy ways to SIFT

- Tap your toes
- Hug yourself -- Eagle arms
- Flop over and touch the floor
- Power Stance
- Jump in Place
- Itsy Bitsy Spider Fingers
- Make a silly face
- Thumbs up/down
- Shake hands with your neighbor

- Light up your brain
- Charge up your battery
- Calm like a river
- Strong like a mountain
- Jump over an obstacle
- Beautiful designs
- Connected
- Friendly
- Proud
- Confident
- Accepting
- Brave
- Curious

# You Can Do It!

<b>Situation</b>	<b>SENSATION</b>	<b>IMAGERY</b>	<b>FEELING</b>	<b>THOUGHTS</b>

# INTERESTED IN MORE?

Visit [www.peacefulperceptionsconsulting.com](http://www.peacefulperceptionsconsulting.com)

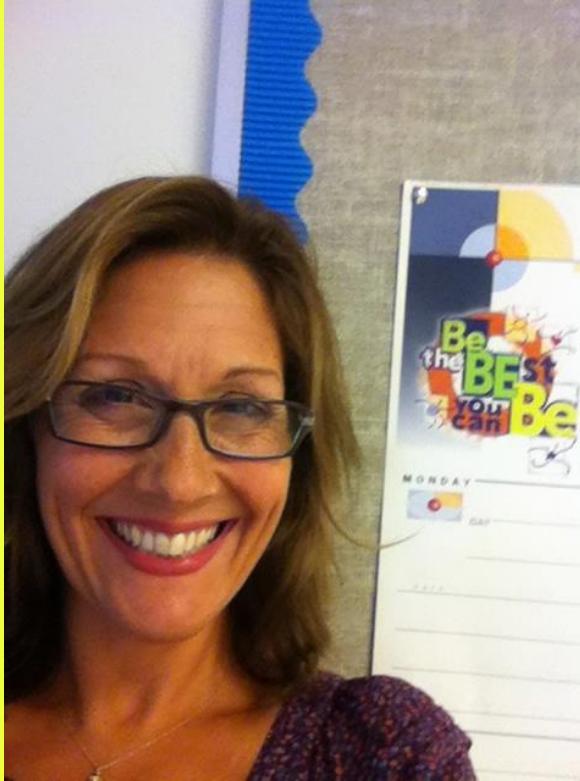
## Mindful Moments in the Classroom

- ❖ Introduction to Mindfulness
- ❖ Mindfulness and Attachment
- ❖ Trauma-Sensitive Teaching

## 21 Days to Happy Homework Habits

- ❖ 5 Steps to strengthen relationships, build responsibility, and encourage resourcefulness

# Thank You!!



# Keep in touch!

Email: [peacefulperceptionsconsulting@gmail.com](mailto:peacefulperceptionsconsulting@gmail.com)

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