

The B.R.A.V.E. Framework

Understand behavior. Support your staff. Strengthen your school.

The **B.R.A.V.E. Framework** is more than a set of ideas.

It's a transformational shift in how educators see and react to disruptive behavior.

By weaving together trauma-informed neuroscience, relatable language, and powerful visuals, B.R.A.V.E. gives educators a new lens—one that fosters ideas instead of overwhelm, skill-building instead of punishment.

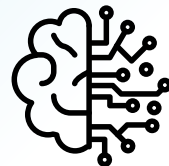
This shift doesn't just improve classroom behavior; it creates space for reflection, regulation, and stronger relationships.

And that changes everything.

B

Behavior is a Brain Thing

All behavior comes from the brain.



R

Relationships Matter

Brains are built from the bottom up with lots of help from safe adults.



A

Act Without Thinking or Think Before Acting?

Behavior depends on which brain "team" is in charge: Upstairs or Downstairs.



V

Very Important: No Part of the Brain Is Bad!

We need our survival brain... but sometimes it gets extra protective.



E

Elevate: Keep Climbing Up Those Stairs

Regulation isn't about perfection; it's about finding our way back to the Upstairs Brain.



Want to bring B.R.A.V.E. to your school or district?

Explore trainings, tools, and schoolwide support at www.BraveBrains.com/EDU



BRAVE BRAINS
BY JESSICA SINARSKI



302-319-4298



info@BraveBrains.com