



Team Peace: Applied Educational Neuroscience Program

Your child's school is hosting a special program called **Team Peace**. This program helps students learn to notice how their bodies react to different emotions and discover ways to calm down when they are stressed, angry, or nervous, so they can focus on learning.

What Is Applied Educational Neuroscience?

Applied Educational Neuroscience (AEN) brings what we know about learning and how anxiety or fear can affect learning directly into the classroom.

Traditional schoolwork often focuses heavily on sitting still, reading, and memorizing facts. However, brain science shows that children cannot focus on learning if they are feeling overwhelmed, anxious, or unsafe. AEN teaches kids how to understand their own brains so they can better manage their behavior and focus on their work.

Why Does It Work?

Decades of research in cognitive neuroscience back up the practices used in Team Peace:

- **The Power of Connections (Neuroplasticity):** The brain is not permanently fixed; it physically builds and rebuilds its internal wiring based on regular practice and new experiences. Repeating calming exercises creates stronger, faster connections in the brain.
- **The Mind-Body Link:** Research shows that physical activity and deep breathing directly improve reading, math, and memory. Exercise releases special brain proteins that help grow memory cells and protect the brain against stress.
- **Emotions Drive Attention:** Children naturally pay attention to things that feel safe, interesting, or meaningful. Teaching kids how to calm their "emotional alarm" (the amygdala) can unlock their ability to think clearly and remember what they learn.

To see how well Team Peace works in your child's school, Indiana University Southeast is conducting an evaluation study. We are asking your permission to survey your student. Students will be asked to complete two private surveys on paper: an **Entry Survey** at the start of the school year and an **Exit Survey** at the end. These surveys ask students about how they manage their reactions, how they handle school challenges, and how they feel about their school community. You can see the full survey on your school's website or in person at the school office.

A trained evaluation staff member from the Applied Research and Education Center will observe 2-4 Team Peace lessons over the course of the school year. Their focus will be the facilitator's



performance and student engagement with the facilitator (how interested students seem, whether they ask questions, and whether they engage in the activities).

For more details about the study, please see the **Informed Consent** in this packet.

You can view the Informed Consent form online here, or scan the QR code below:

<https://redcap.link/f2xd4gz8>

