



BioStacking for Schools

Ignite student potential in the classroom and beyond.

Five Steps of BioStacking

Neuroscience tools that, when stacked on top of each other, lead to optimal human performance.



1 **Focused Attention**



2 **Mindfulness**



3 **Future Visions**



4 **Metacognition**



5 **Science of Recovery**

1

It All Starts with Focused Attention

With this exercise, the student focuses on a particular item or object. Everything else that might tend to attract attention, such as bodily sensations, environmental noise, or intrusive thoughts, is actively ignored by redirecting attention back on the focus point.

This technique is a most powerful way to guide students to a place of calm and focus; ideal for learning and maintaining a sense of well-being.

2

Then Mindfulness

Mindfulness is the art of living in the present moment. It is when we are not ruminating about the past or worrying about the future. There are so many fun and energizing ways to introduce mindfulness to kids.

Mindfulness reduces the stress response and allows children to place their attention on what matters the most – the here and now.

3

Future Visions

Now that we have created the students' optimal mind set, it is time to expand their horizon. Future Visions is an exercise that allows students to remove any self imposed limitations, choose their own meaningful goals and dreams, and visualize themselves already achieving them. This results in a big dopamine reward, a sense of purpose, and inspires hope and excitement in their future.



4

Metacognition

With the right mindset and passionate goals in hand, metacognition gives students the tools they need to achieve their dreams. Metacognition is the skill of learning how to think. It gives students a competitive advantage as it enhances information processing, memory, and decision-making. In short, students think smarter and faster.

5

Science of Recovery

All work and no play will not lead to optimal performance. Downtime is productive time. Frequent short breaks, movement, healthy nutrition, and playtime are all important for the peak brain function.

We need to encourage our students to practice these healthy recovery techniques.



In Partnership with Go Create It

Peter Karl Youngren, Founder & President of **Go Create It**, is committed to empowering young people by igniting their passion for learning through the creation process. Together with Dr. Jonathan Spero, they create meaningful experiences for the classroom using research-based techniques that give young people the tools to better cope with the stress and discover fulfillment.

Go Create It is a registered 501c3 not-for-profit organization. For more information, please visit www.gocreateit.today.