**Brain development over the lifespan**

**The task:**

Watch the video – Brains: journey to resilience (7.44)

<https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>

**Discuss the following questions:**

* What factors affect brain development?
* What is meant by toxic stress?
* What is meant by resilience? What can we do to help to build resilience?
* When are the brain’s two main periods of sensitivity to experience?

**Use the brain space to make any notes from your discussions.**