



NeuroBalance Project

Dear Parents/Guardians,

We're excited to share a unique opportunity for middle school students through the NeuroBalance Project: **Wired for Wonder**—a small group experience that explores the incredible transformation of the adolescent brain.

Middle school is a time of major growth and change, not just physically and emotionally, but neurologically. Wired for Wonder helps students understand what's happening in their brain during this important stage of development—from increasing emotional intensity to shifting social dynamics and academic pressures. Each session focuses on brain-based strategies to strengthen focus, build emotional regulation, and foster healthy peer relationships. We'll use music, movement, and technology to make the experience interactive and relatable.

Students will learn how to calm their central nervous system, practice inhibitory control, and understand the brain's role in handling anxiety, making decisions, and managing frustration. The group will meet twice a week for one hour over a four-week period. Once the initial series is complete, students will have the opportunity to join a weekly maintenance group to continue developing emotional resilience and cognitive strength.

Our goal is to help students feel more connected, capable, and in control during this exciting and sometimes confusing time. This is a fantastic opportunity for your child to build lifelong self-awareness and social-emotional skills in a safe and supportive environment.

Please reach out with any questions or if you'd like to discuss how Wired for Wonder might benefit your child.

Warm regards,  
Michele  
Owner NeuroBalance Project