

Brain Builder™

A DANIEL'S DIARIES PSYCHOEDUCATION PROGRAM

★ Now enrolling 2026 cohorts

AN INTRODUCTION

Teaching children how their brain works.

A facilitated psychoeducation program that walks children through the neuroscience behind their own thoughts, feelings and behaviour – **delivered alongside Daniel**, the real golden retriever at the heart of the work.



THE CORE IDEA

Your brain is **a town.** You are the **town planner.**

Every thought a child has is a **road** inside their brain. Thoughts they think often become **main streets**. Thoughts they rarely visit stay as quiet little laneways. That is neuroplasticity translated into a language kids actually understand. Brain Builder teaches this the way children learn best — **in person, in story, and with a dog.**

1

Learn it

Children learn how the brain actually works — not as a metaphor, but as a real, buildable, changeable thing they live inside.

2

Live it

Each session pairs the teaching with hands on practice, real world scenarios, and co regulation with Daniel — who makes learning feel safe.

3

Lead it

Children leave the program with the language, confidence and sense of authorship to start planning the town that lives inside their own head.

"Most children are asked to regulate a system nobody has ever explained to them. Brain Builder starts by giving them the map — and a very good dog to walk it with."

— Built by a Behaviour Support Practitioner, grounded in neuroscience, trauma informed and neurodivergent affirming by design.

Seven sessions. One very good dog.

Brain Builder runs across **seven facilitated sessions**, each one unpacking a different layer of the child's inner world — taught directly, practised out loud, and reinforced with time alongside Daniel. Children leave not just knowing what their brain is doing, but with a working relationship to it.

- 1 This is your brain**
What it's for and how it grew
- 2 Thoughts are roads**
Neuroplasticity, made visible
- 3 Feelings are signals**
Not enemies. Not problems.
- 4 Thinking brain, feeling brain**
Who's driving when
- 5 How habits get built**
Repetition, reward and repair
- 6 Your nervous system**
Fight, flight, freeze and fawn — demystified
- 7 Becoming the planner**
Putting the whole map together
- + Adapts across profiles**
ADHD · ASD · FASD · PDA · Complex Trauma

A program built for the real world

- ✓ **Small group or 1:1**
Delivered in schools, clinics, community settings or online, for up to eight children per cohort.
- ✓ **Parent & teacher take homes**
Each session comes with resources so the learning keeps going after we leave.
- ✓ **Animal assisted learning**
Daniel attends every in person session, supporting co regulation and engagement.
- ✓ **Evidence informed**
Grounded in neuroscience, developmental psychology and polyvagal theory.

6–8

EARLY PRIMARY

9–11

UPPER PRIMARY

12–14

EARLY SECONDARY

15–18

SENIOR SECONDARY

Deliver Brain Builder **yourself.**

Brain Builder has been designed from the ground up to be facilitated by others — so the same neuroscience informed, child centred psychoeducation can reach the kids who need it, wherever they are. Certified facilitator pathway opening from 2026.



Who can train

- Teachers, school counsellors and welfare staff
- Psychologists, OTs, speech pathologists
- Behaviour support practitioners and clinicians
- Social workers and youth workers
- Community facilitators and family workers



What you get

- Full facilitator manual and session scripts
- Lesson videos, activities and take home kits
- Live training cohorts and supervision
- Certification as a Brain Builder facilitator
- Ongoing access to the practitioner network



DELIVERED BY AIMEE & DANIEL

Brain Builder is delivered by **Aimee Floyd**, a Behaviour Support Practitioner and Psychology Honours candidate, and **Daniel**, a golden retriever and unofficial neuroscience ambassador. Together they have spent years translating complex developmental psychology into tools and sessions that actually work for kids — including the ones other programs tend to miss.

Register your interest.

Facilitator cohorts and in person program bookings opening soon.

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