Образовательная конференция

МОНТЕССОРИ ВЕСНА 2026

г. Москва, 18-19 апреля

Montessori-
Vesna 2026|
Moscow

April 19, 2026
14:40-15:20

A Masterclass with
Mais Alkountar

IT TAKES A VILLAGE TO RAIS AN ADOLESCENT

From Insight to Action: Advanced Strategies for Connecting with Your Adolescent

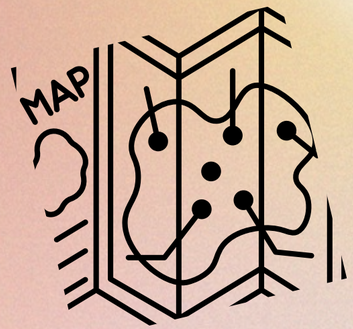
Montessori-Vesna 2026

Mais Alkountar

AMI Pedagogy for Adolescents (12-18)
High Education in Psycho-Pedagogy

OUR JOURNEY TOGETHER

Today's Roadmap



UNDERSTAND - The adolescent brain (ESSENCE)
ПОНЯТЬ — Мозг подростка

SHIFT - From Judge to Gardener.
СМЕНИТЬ ПОДХОД — От судьи к садовнику

PROVIDE - The 4 S's of Attachment.
ОБЕСПЕЧИТЬ — 4 составляющие привязанности

PRACTICE - Mindsight (Insight, Empathy, Integration)
ПРАКТИКОВАТЬ — Мышление-взгляд (Инсайт, Эмпатия, Интеграция)

BUILD - The Pillars of the Village
ПОСТРОИТЬ — Основы (Столпы) деревни

TWO GUIDES, ONE JOURNEY
MARIA MONTESSORI | DR. DANIEL SIEGEL

МОЁ ОБЕЩАНИЕ:

К тому моменту, как мы завершим нашу совместную работу, вы будете по-другому понимать своего подростка — и вы будете знать, как создать то самое окружение (деревню), которое им так отчаянно нужно.

Dr. Maria Montessori

The Third Plane of Development

Dr. Daniel Siegel

The Adolescent Brain

Maria Montessori

“The adolescent must be considered a **social newborn**, entering a new world.”

«Подросток должен рассматриваться как социальный новорожденный, вступающий в новый мир.»

Key Need:

Valorization (self-worth through contribution)

Dr.Daniel Siegel

“ The adolescent brain is undergoing a **necessary renovation** ”

«Мозг подростка находится в процессе необходимой перестройки.»

Key Framework:

The **ESSENCE** of the adolescent brain.

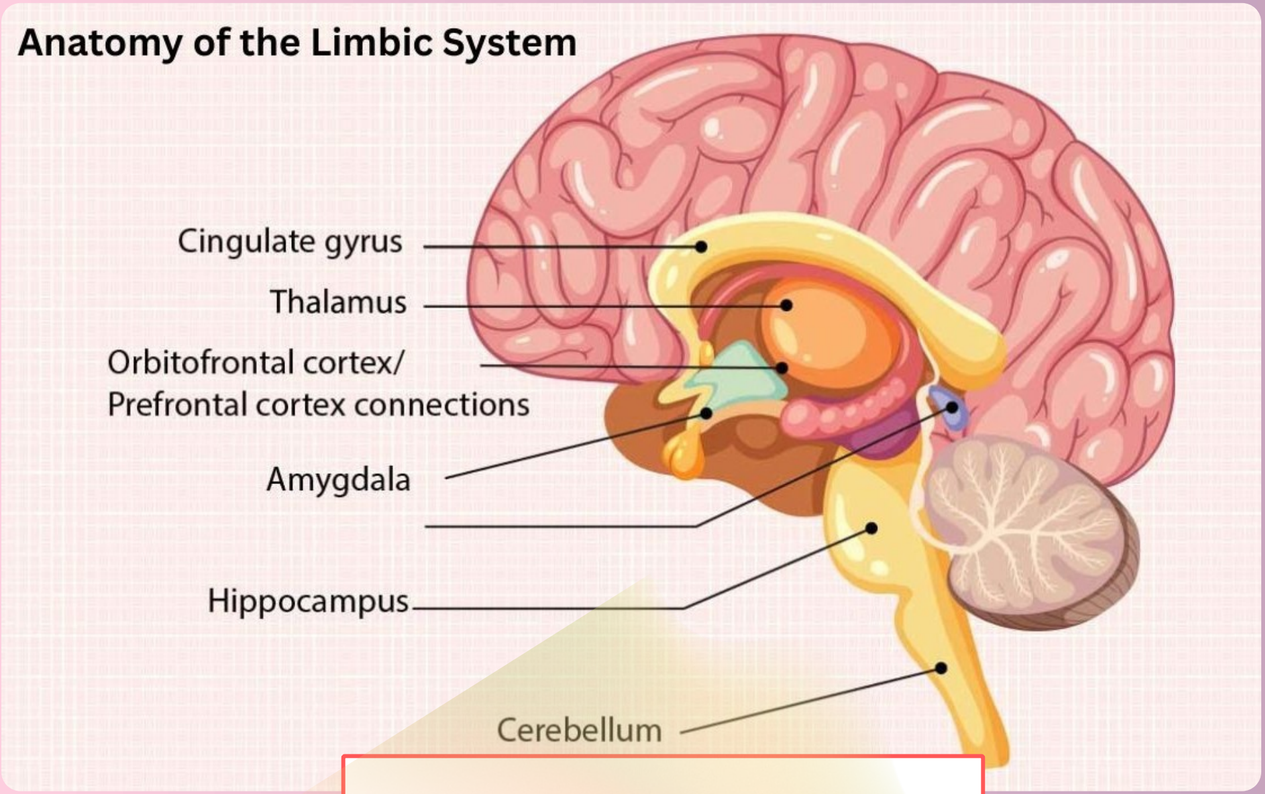
THE ESSENCE OF THE ADOLESCENT BRAIN

(Dr. Daniel J. Siegel)

ES
EMOTIONAL SPARK

“ The accelerator is floored.”

Эмоциональная искра
«Педаль газа выжата до упора.»



Name It to Tame It.

- Limbic system in hyperdrive.
- Emotions feel like tsunamis.
- Not “drama”- **hardware**

Montessori said: They need a “school of experience in social life.”

Социальная вовлеченность
«Найди свое племя »

SE

SOCIAL ENGAGEMENT

“ Find your tribe.”

Skill-Based Tribe

- Biologically driven to connect with peers.
- Friends’ opinions suddenly matter more.
- It feels like rejection- but it’s **survival**.

Montessori said: This is why they need a small, collaborative society- an Erdkinder.

Поиск новизны
«Это скучно!»

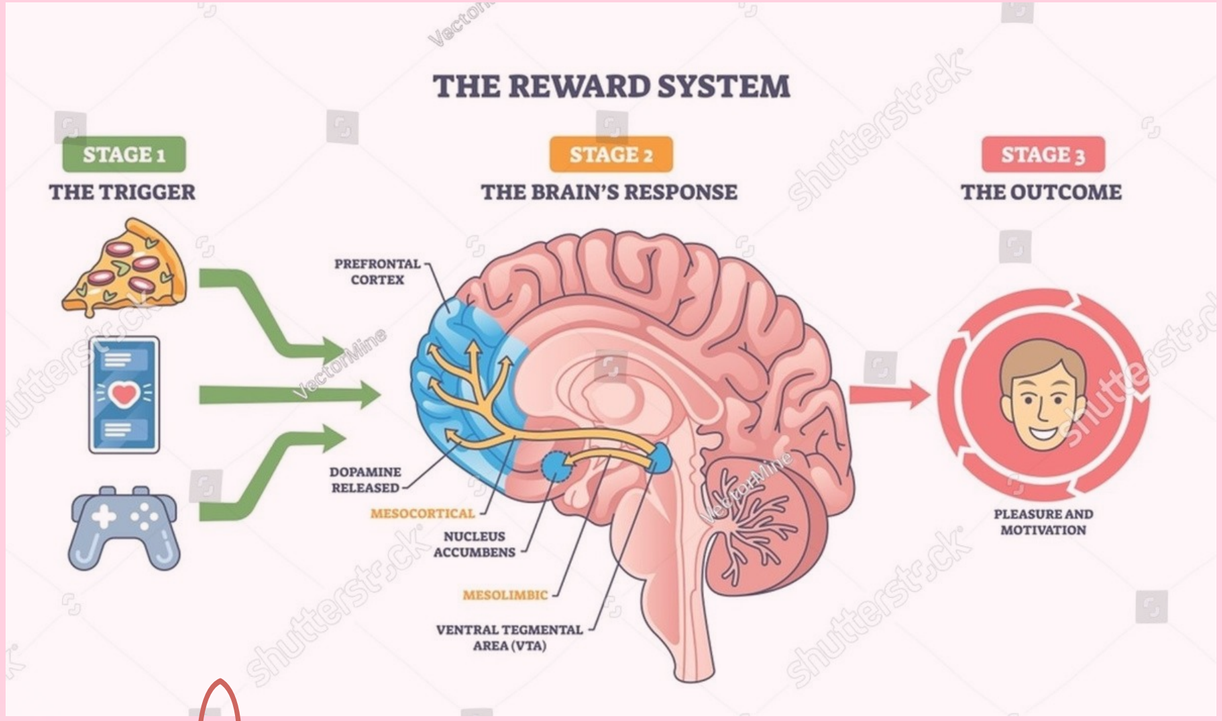
NS
NOVELTY SEEKING

“ This is boring!”

- Dopamine reward system is shifting
- Drive for new experiences, sensations, ideas
- Can lead to risk-taking- or **exploration**.

The 'Positive Risk' Menu

Montessori said: Channel this drive through meaningful work and discovery.


THE REWARD SYSTEM
STAGE 1
THE TRIGGER
STAGE 2
THE BRAIN'S RESPONSE
STAGE 3
THE OUTCOME
PREFRONTAL CORTEX
DOPAMINE RELEASED
MESOCORTICAL
NUCLEUS ACCUMBENS
MESOLIMBIC
VENTRAL TEGMENTAL AREA (VTA)
PLEASURE AND MOTIVATION

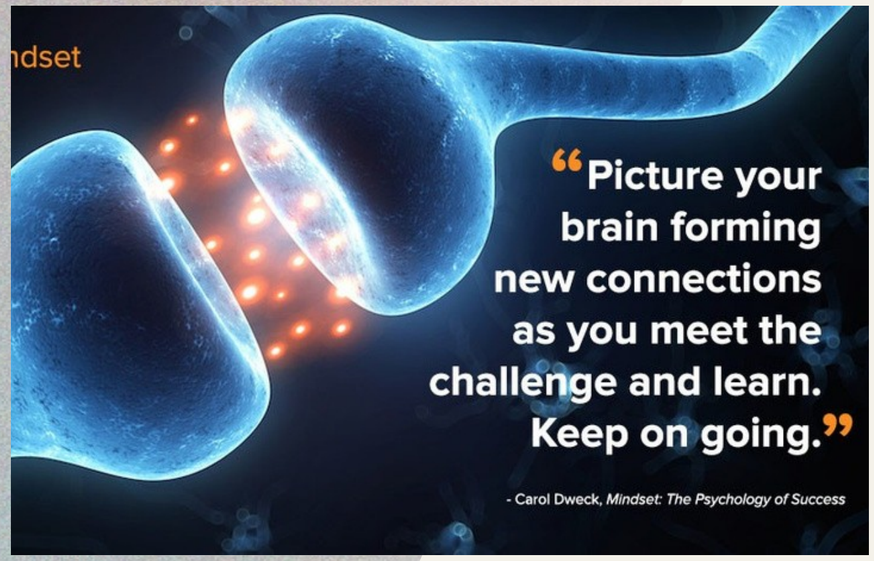
SUMMER
Paradise
TRN

CE
CREATIVE EXPLORATION
“What if....?”

Творческое исследование «А что, если ...?»

- Prefrontal cortex being remodeled
- Boost in abstract thinking
- Idealism is born: ***“The world could be better.”***

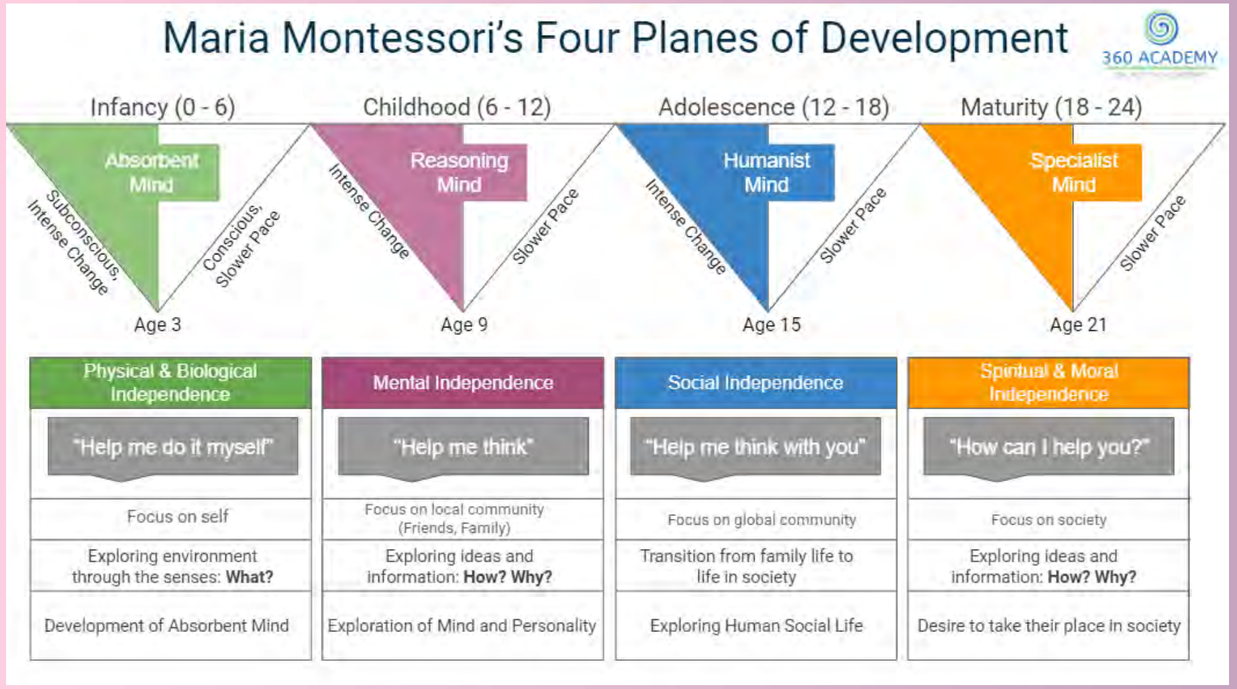
Montessori said: This is the birth of the moral compass and **valorization.**



THE ESSENCE

The question behind every behavior:

"WHO AM I IN THIS WORLD?"



All the intensity, the moodiness, the rebellion- it's all part of the journey to answer this one question.

«КТО Я В ЭТОМ МИРЕ?»

UNDERSTANDING IS THE FIRST STEP

Now that we know what's happening in their brains...

HOW DO WE RESPOND?

КАК НАМ РЕАГИРОВАТЬ

OUR JOB IS TO BE THE GARDENER

THE JUDGE

СУДЬЯ

- controls/ контролирует
- Punishes/ Наказывает
- Stops the storm / Останавливает бурю
- Blames the flower for being a bud/ Виннит цветок за то, что он бутон

THE GARDENER

САДОВНИК:

- Prepares the soil /Готовит почву
- Provides water & sunlight /Обеспечивает водой и солнечным светом
- Builds a trellis for support /Сооружает шпалеру для опоры
- Protects from harsh winds /Защищает от суровых ветров

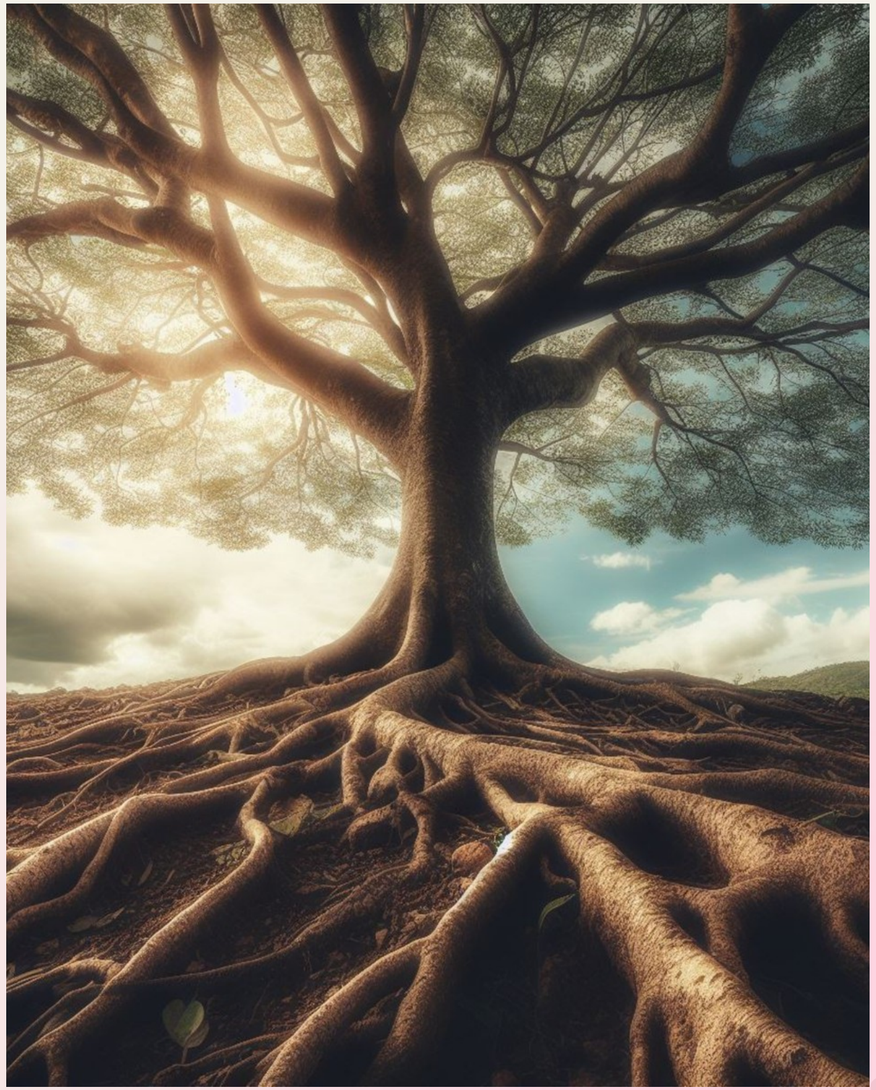
THE 4 S'S OF ATTACHMENT

Giving them roots so they can grow wings

Seen | Safe | Soothed | Secure

Видимый, В безопасности, Успокоенный, Защищённый

_ Dr. Daniel J. Siegel



WHAT DO THEY NEED TO FEEL?

SEEN : “ I understand the person behind the behavior”.

“ you seem really overwhelmed right now”.

SAFE : “ You can come to me with big feelings.”

“ I’m here. I’m not going to judge you.

Soothed : I will help you calm your storm.”

“ Let’s take a breath together.”

SECURE : “ I am your home base.”

The deep knowing: “ I am worthy of love”.

Mindsight

THE ABILITY TO SEE OUR OWN MIND AND THE MIND OF ANOTHER.

3 Fundamental Skills: (Dr.Daniel J. Siegel)

Insight
Инсайт/ Понимание.

Empathy
Эмпатия/Сочувствие

Integration
Интеграция/Объединение

THE THREE SKILLS OF MINDSIGHT

Insight	Empathy	Integration
Seeing my own mind	Seeing the mind of another	linking minds
“ Why am I triggered?”	“ What do they need?”	“ Let’s find a solution together.”
I pause before reacting.	I see the need beneath the behavior.	We connect ,even in disagreement.

When They Rebel or Explode

Когда они бунтуют или взрываются

your child yells: “ You never listen to me! This rule is so unfair!”

Step 1: INSIGHT (Pause)

“ My heart is racing. I feel attacked. I need a moment.”

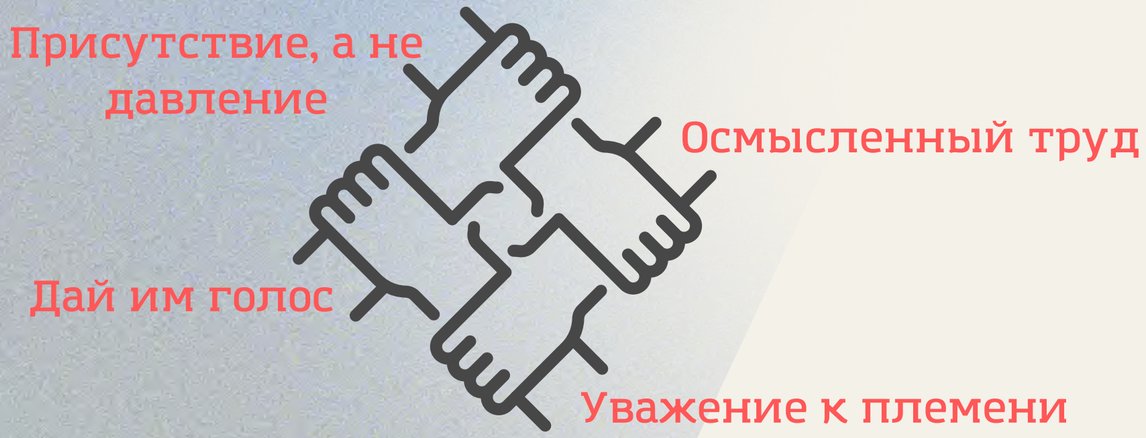
Step 2: EMPATHY (See them)

“This is their Cognitive Passion and Emotional Spark.
They need to feel heard.”

Step 3: INTEGRATION (Respond)

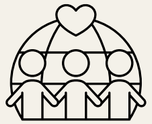
“I can see you’re incredibly passionate about this. I hear you.
I need a moment to think clearly too.
Let’s both take five minutes and then sit down and figure this out together.”

THE VILLAGE HAS 4 PILLARS



Presence over Pressure: Be a calm, non-anxious presence they can come to.

Meaningful Work: Real responsibilities that build self-worth (Montessori's valorization).



Respect the Tribe: Welcome their friends. Provide a safe space for social connection.

Give Them a Voice: Family meetings, real input on rules. They need to be heard.

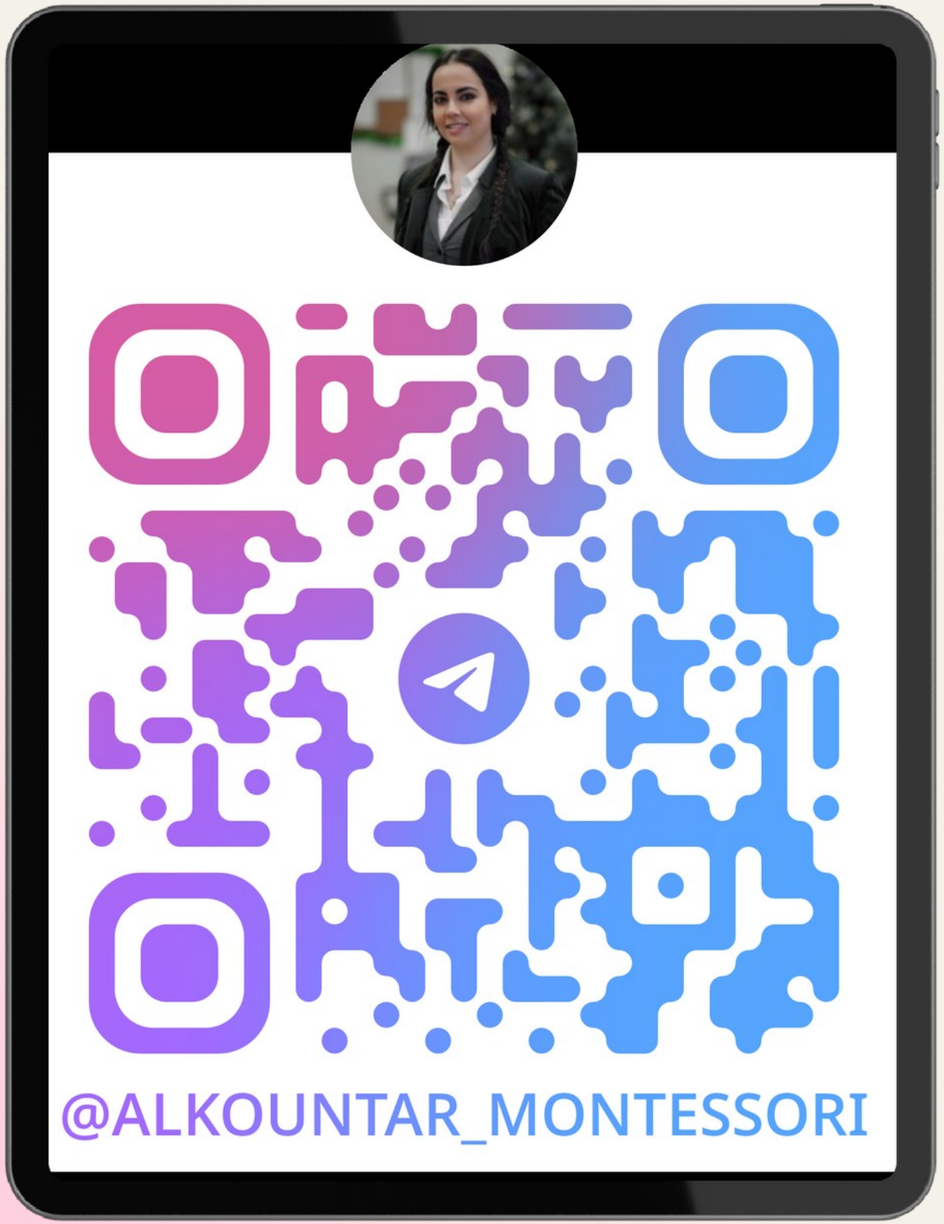
Our Journey

TODAY

1. UNDERSTAND
Their brain has an
ESSENCE
(Emotional Spark, Social Engagement, Novelty, Creative Exploration)

2. PROVIDE
The 4 S's of attachment
(Seen, Safe, Soothed, Secure)

3. RESPOND WITH
Mindsight
(Insight, Empathy, Integration)



call to ACTION

Alkountar_Montessori

maisalkountar@gmail.com

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THANK YOU FOR LISTENING!

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