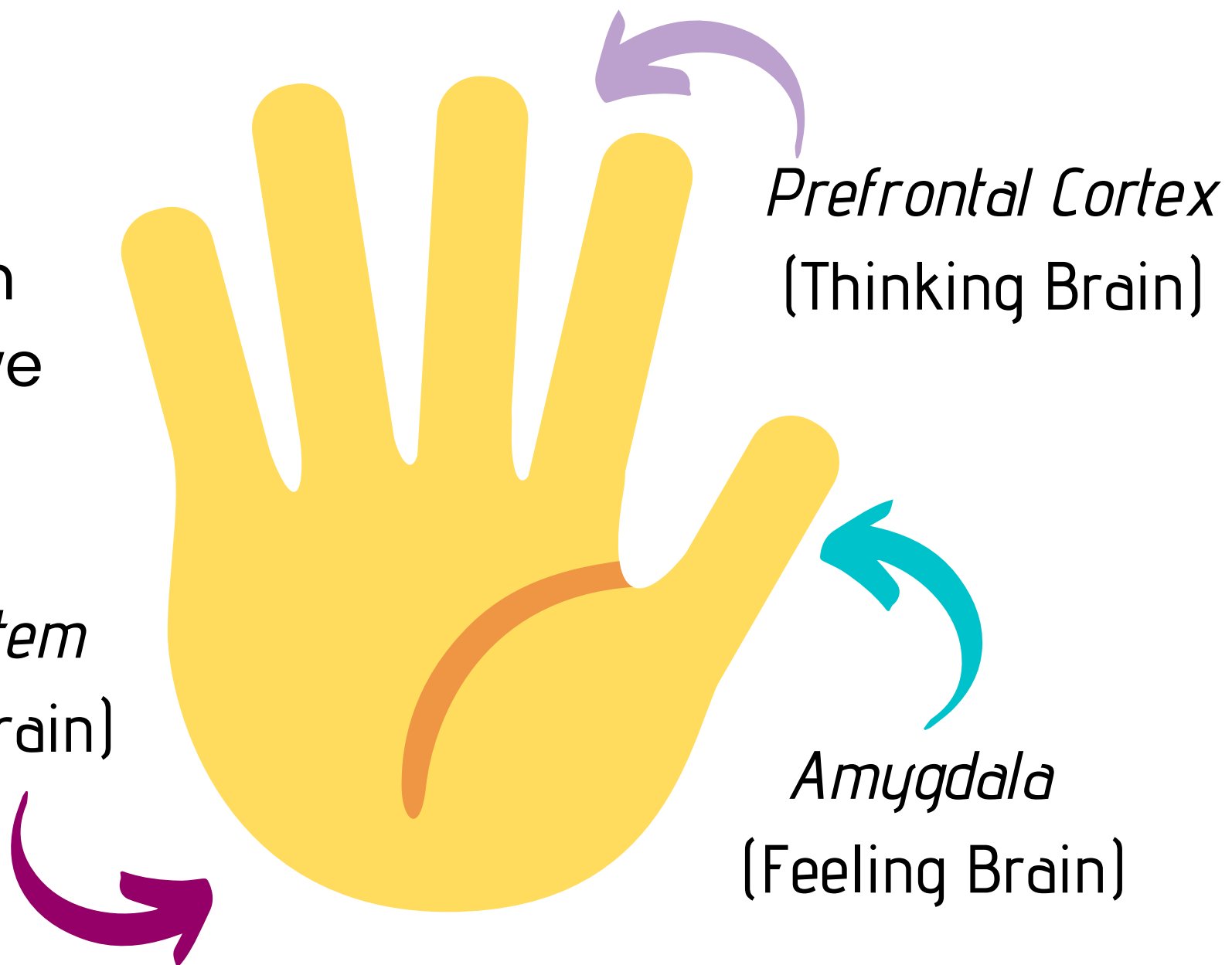


Hand Model of the Brain

We can use our hand to explain what happens in our brain when we **flip our lid**.

Brain Stem
(Doing Brain)



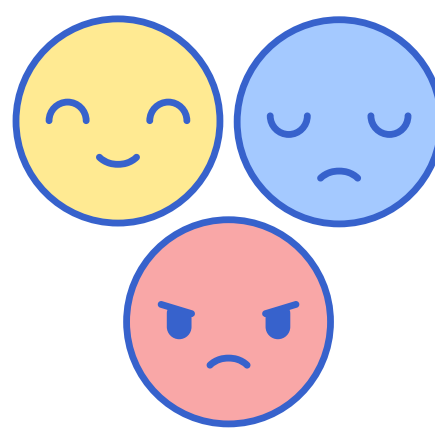
Prefrontal Cortex
(Thinking Brain)

Amygdala
(Feeling Brain)

The three important parts are our **Thinking Brain**, **Feeling Brain**, and our **Doing Brain**.



The **Thinking Brain** helps us make decisions, think logically, and be flexible.

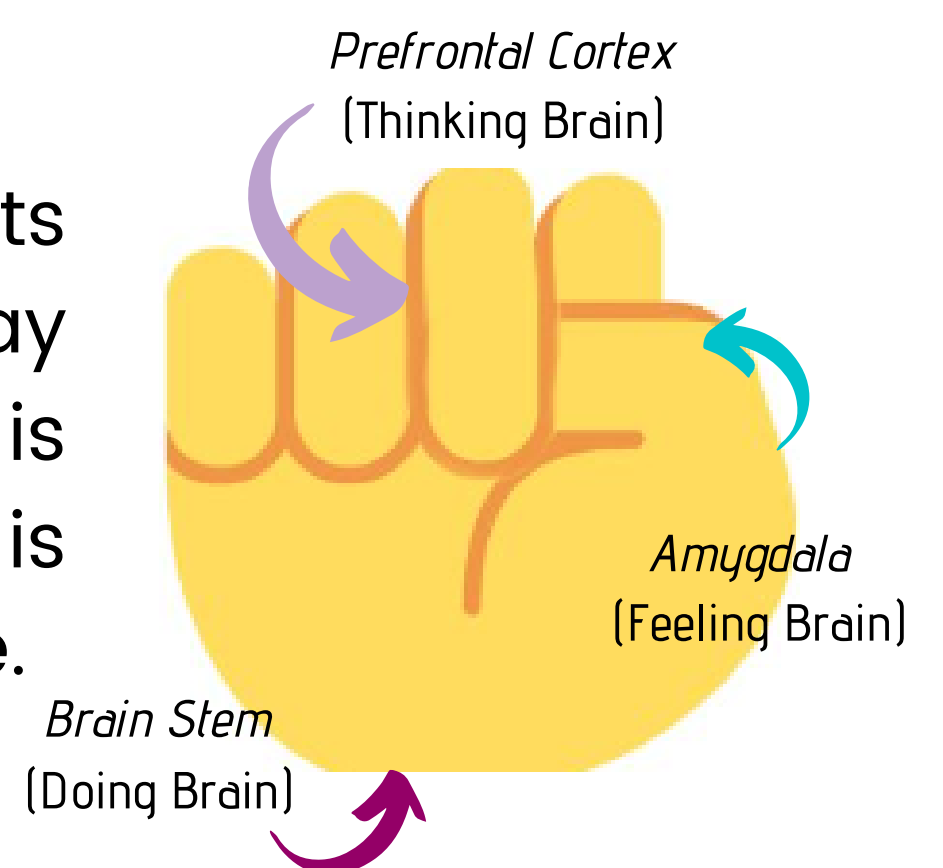


The **Feeling Brain** is responsible for all of our emotions.



The **Doing Brain** is responsible for walking, talking, breathing etc.

Normally, when we're regulated, all three parts of the brain are talking. We are able to stay calm, and information comes in and is processed logically. The **Thinking Brain** is hugging the **Feeling Brain**, making it feel safe.



Prefrontal Cortex
(Thinking Brain)

Amygdala
(Feeling Brain)

Brain Stem
(Doing Brain)

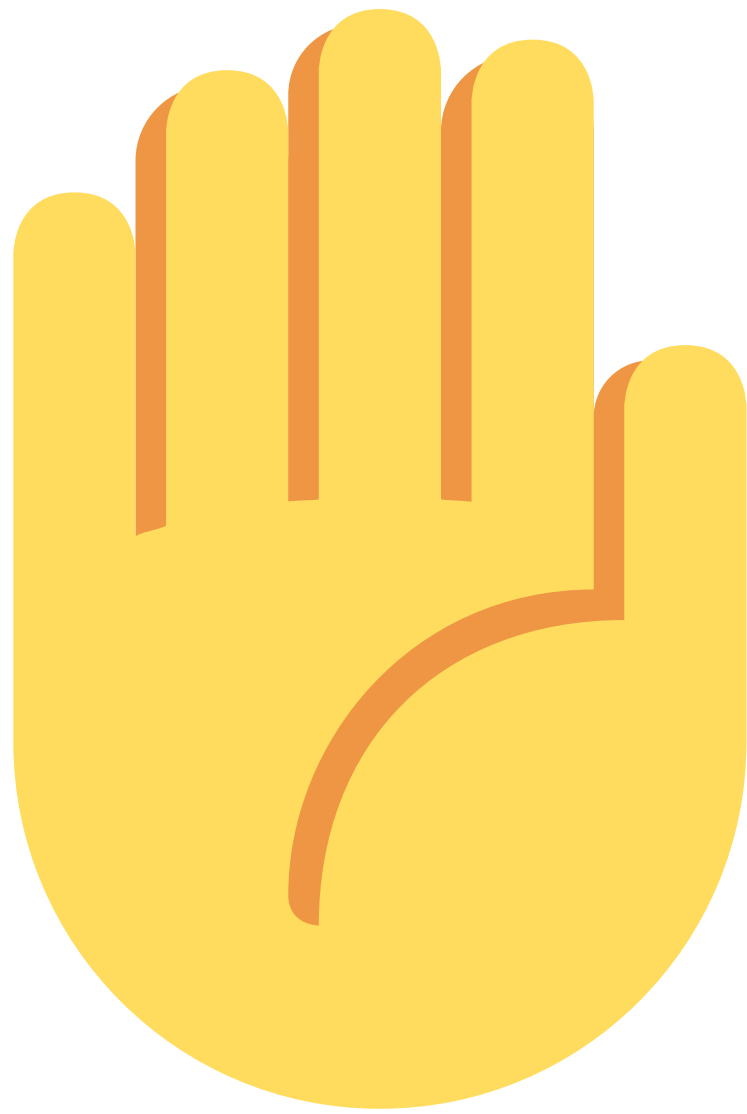
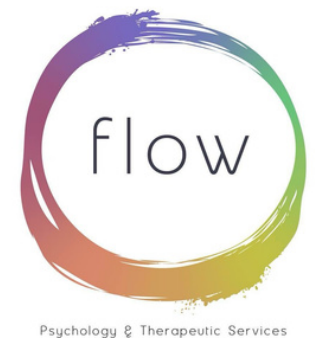
Our brain works best when all three parts are working together by sending messages to each other. When we experience a BIG emotion, we...

Flip Our Lid



Psychology & Therapeutic Services

Flipping our Lid



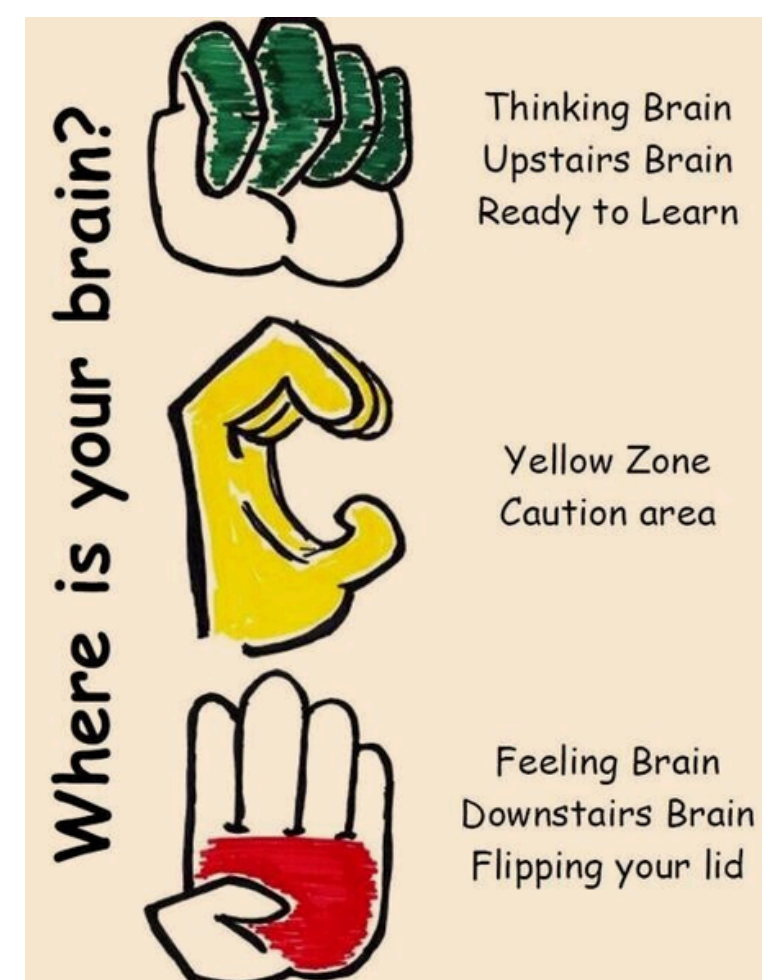
When we **Flip Our Lid**, the **Feeling Brain** feels like we're in danger and goes into protection mode.

It takes over, which means our brain is being run by our emotions and we are dysregulated. We struggle to think clearly, have control of our emotions, and make good decisions.

When I
flip my
lid...

What are some things that you might say or do when you flip your lid?
What might grown ups, or siblings, or friends do?

It can be tricky to keep our cool when we've **Flipped Our Lid** and our **Thinking Brain**, **Feeling Brain**, and **Doing Brain** aren't talking to each other. We know that being able to regulate ourselves helps all parts of the brain to talk to each other again so we can feel calm.



Regulation Strategies I can use are...

- Taking strong, deep breaths
- Taking some space for myself
- Having a drink of water
- A mindful activity, like writing, drawing, colouring, or playing with LEGO

List your favourite strategies!