

'Flipping Your Lid'!

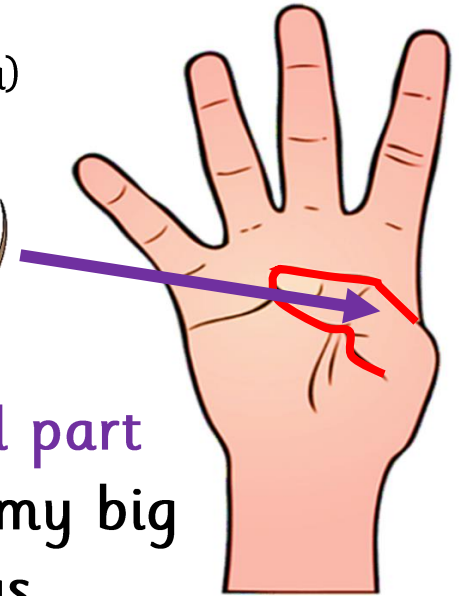


My calm,
thinking brain

(Amygdala)



My animal part
looks after my big
feelings



When my feelings get too big ...

...my animal part thinks it is in
danger and makes my body...



Flight



Fight



Freeze



That is called 'flipping my lid'!

When that happens grown-ups can help me calm