

# 'Flipping Your Lid'!

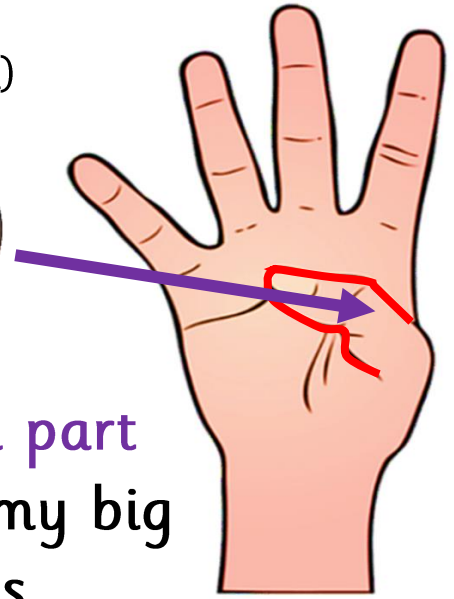


My calm,  
thinking brain

(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