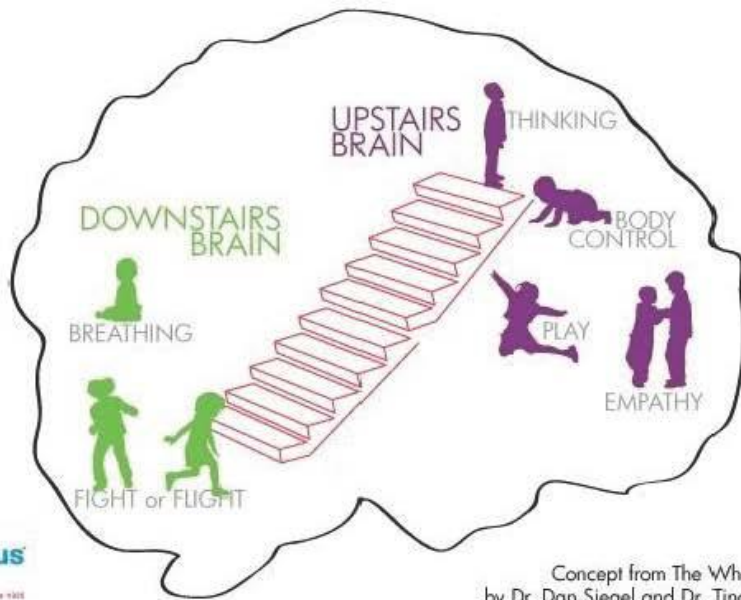
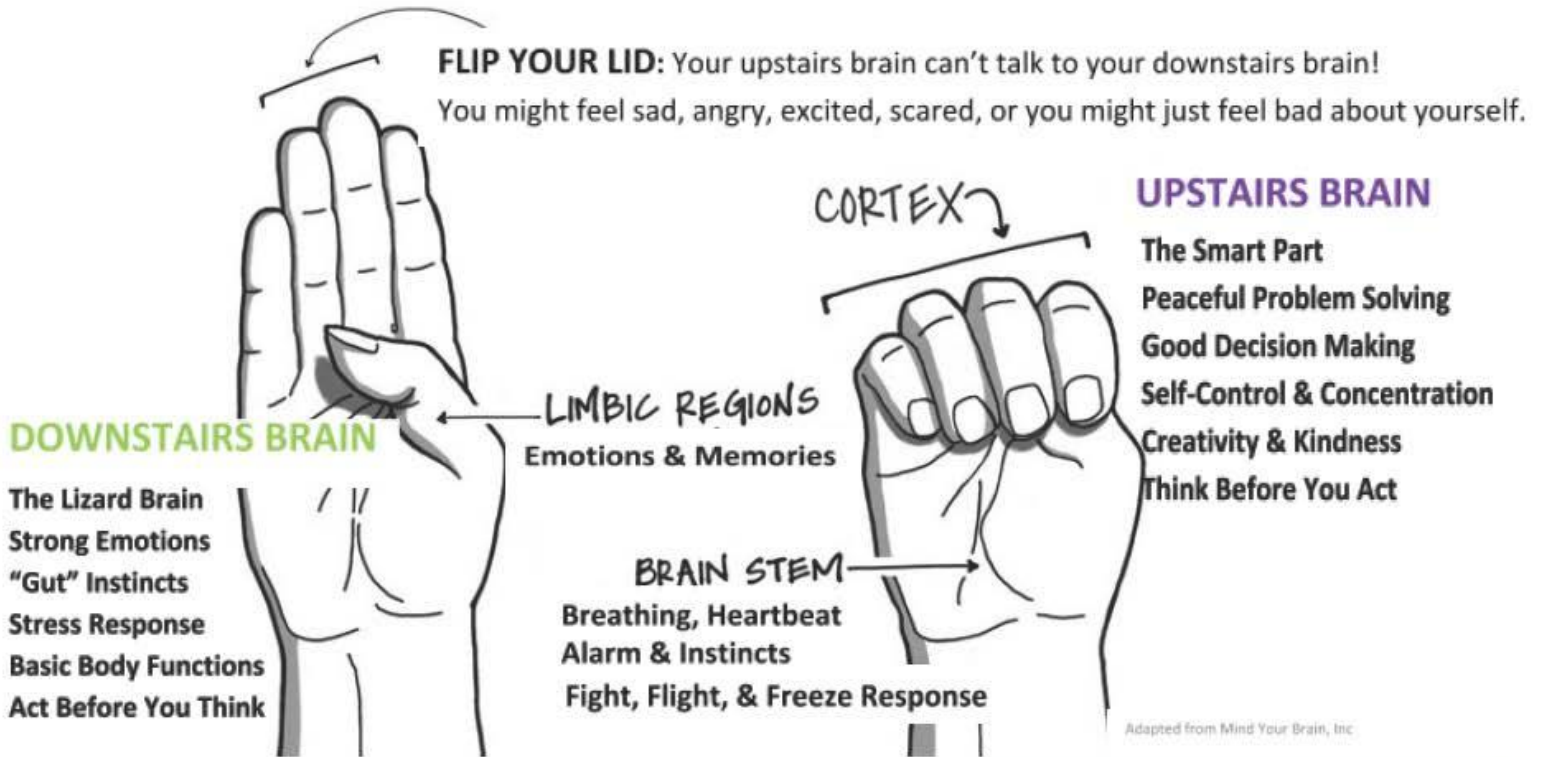




DR. DAN SIEGEL'S

Hand Model of the Brain



Concept from The Whole-Brain Child by Dr. Dan Siegel and Dr. Tina Payne Bryson

Ideas for How to Cool Down

5 Big Balloon Breaths

Take a Break

Listen

Drawing

Follow Your Finger

Talk to Someone

Ask For Help

Rainbow Walk:

Look for colors in order
RED, ORANGE, YELLOW,
GREEN & BLUE

What makes you flip your lid?
 How can you tell that you're close to flipping your lid?
 What ways can you cool down before you flip your lid?
 If you flip your lid, how can you get your Smart Part back?