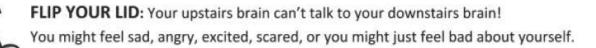


DR. DAN SIEGEL'S Hand Model of the Brain



CORTEXT

LIMBIC REGIONS

Emotions & Memories

BRAIN STEM Breathing, Heartbeat Alarm & Instincts

Fight, Flight, & Freeze Response

UPSTAIRS BRAIN

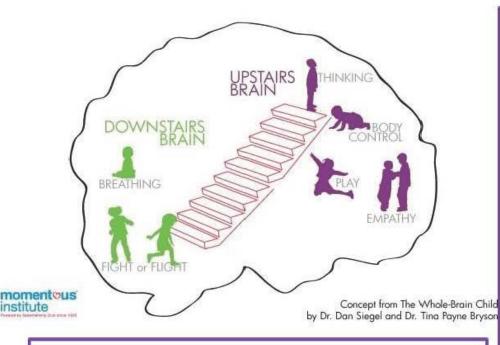
The Smart Part Peaceful Problem Solving **Good Decision Making** Self-Control & Concentration Creativity & Kindness Think Before You Act

Adapted from Mind Your Brain, Inc.

The Lizard Brain **Strong Emotions** "Gut" Instincts Stress Response **Basic Body Functions Act Before You Think**

DOWNSTAIRS BRAIN

institute



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?

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**