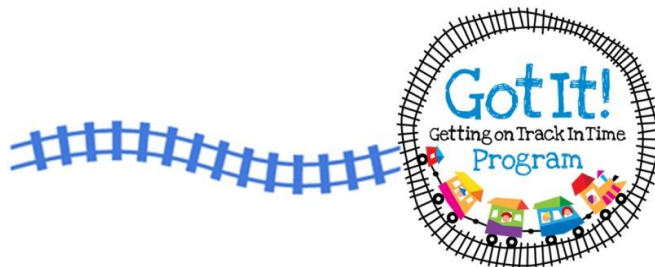
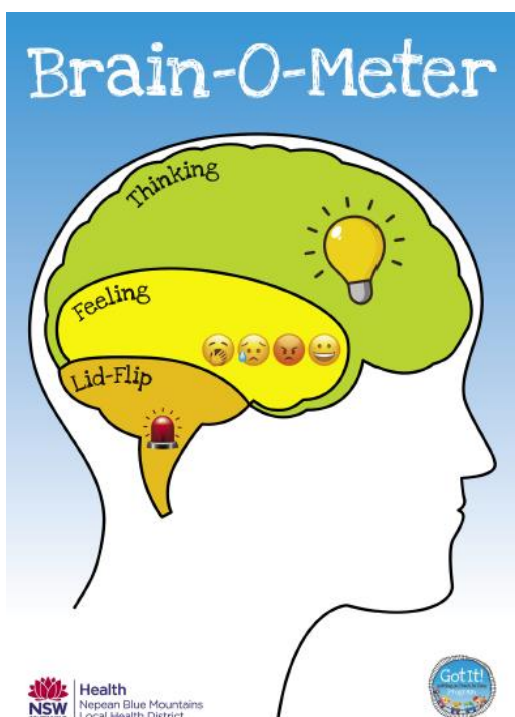


Got It!



Flipping your Lid

The thinking part of our brain sits on top like a lid but when we are overwhelmed our feelings brain takes over to keep us safe. If we continue to feel overwhelmed we can 'flip our lid'. This can look different for different people, some people might become very loud and others might become very quiet.



You can help kids avoid lid flips by:

- Naming their feelings and helping them manage them early.
- Teaching them that big feelings are a sign they need to take space to get their thinking brain back on.
- Asking them to give you a sign if they are feeling overwhelmed so you can help them.

If someone has flipped their lid you can help by:

- Reducing demands on them.
- Not taking it personally.
- Keeping everyone safe.
- Be ready to connect and calm together when they are ready.

Watch: More about the hand brain model "Hand model of the brain for kids by Jeanette Yoffe"
https://www.youtube.com/watch?v=H_dxnYhdyuY