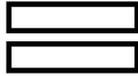


# Brain in the Palm of the Hand

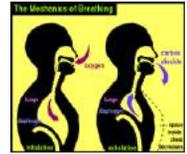
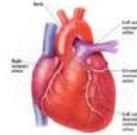
(Concepts From *Parenting from the Inside Out* by Daniel Seigel and Mary Hartzell)

Pretend this hand is a brain.



Imagine that the palm of the hand to the wrist is the part of the brain called the “primitive brain.”

The primitive brain controls the body's automatic functions. These are the bodily functions that happen automatically like heart beat and breathing.



Now cross the thumb over the palm to represent the “mid brain.”

This part of the brain controls our “fight or flight” response to a danger or threat. When faced with danger we can either stay and fight...



...or run away!

This part of the brain also stores our old memories. Those memories can make us feel scared or angry or sad or more!



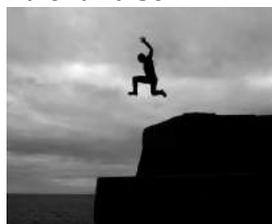
Now cover the thumb with the fingers...



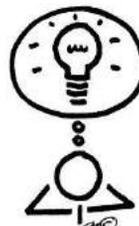
...this represents the cortex.

The cortex is where self-control and self-regulation happen.

Self-Control: When you look before you leap.



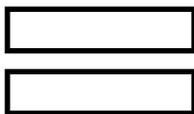
The front, where the fingernails are, is the only place where thinking, positive social behavior and problem solving happen!



# Flipping Your Lid

(Concepts From *Parenting from the Inside Out* by Daniel Seigel and Mary Hartzell)

What happens when you get upset?



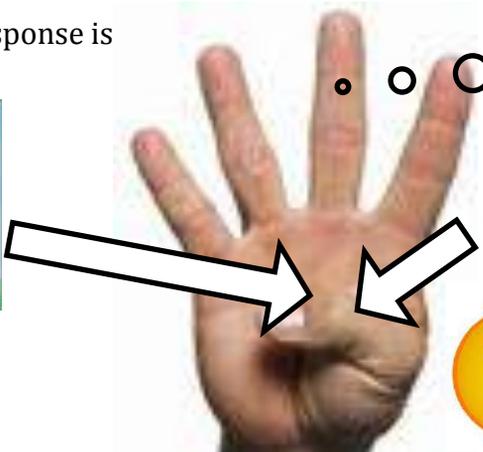
That's right...



You flip your lid!

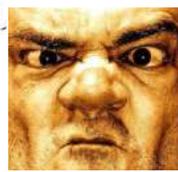
## What Happens When We Flip Our Lid?

Our fight or flight response is 'exposed' and active!



~~Our thinking, analyzing and problem-solving skills go 'off-line'!~~

Our old memories and related feelings are 'exposed' and triggered.



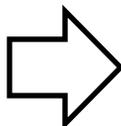
When lids are flipped, this is **not** the time to problem-solve!

Will these two people help the situation right now?

**No!**

Will these two people work together to find a good solution right now?

**No!**



Everybody needs a chance to calm down and let their brains close their lid and think clearly again!