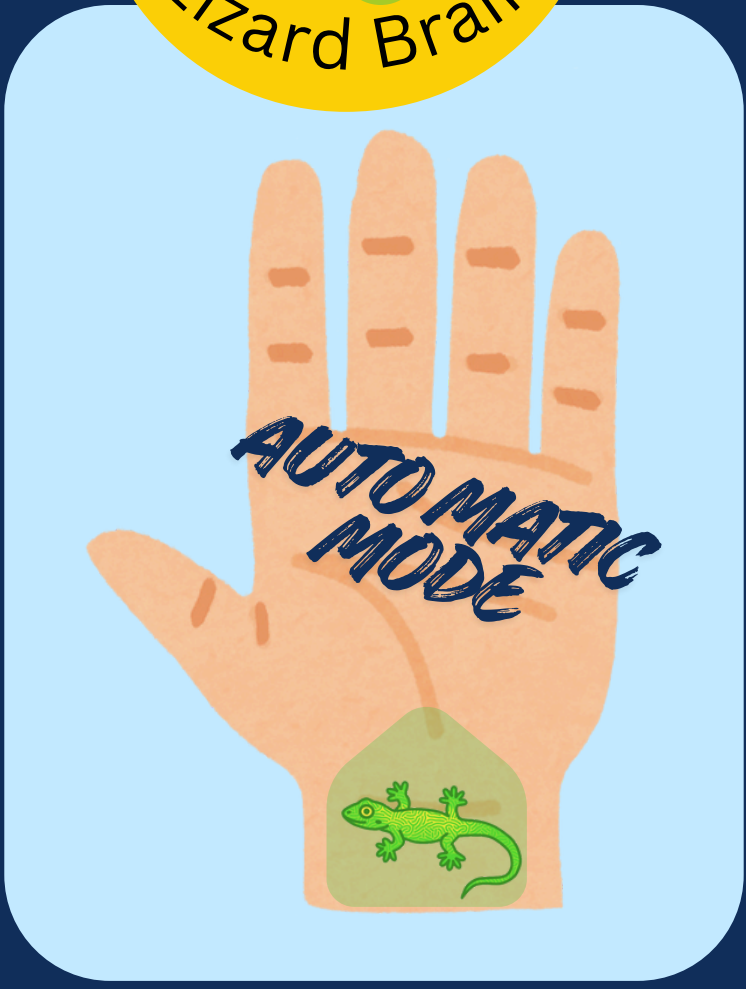
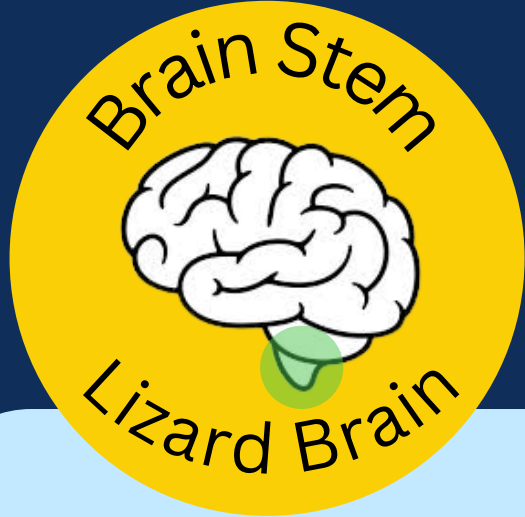




Flipping Your Lid - Brain Hand Model



The brain stem keeps our body working

- It helps us breathe
- It keeps our heart beating
- It works automatically
- We don't have to think about it



The amygdala is our brain's emotional alarm

- It helps us notice danger
- It makes our body ready to protect us



The frontal cortex is the wise part of our brain. It helps us...

- plan what to do
- solve problems
- think before we act
- make good choices