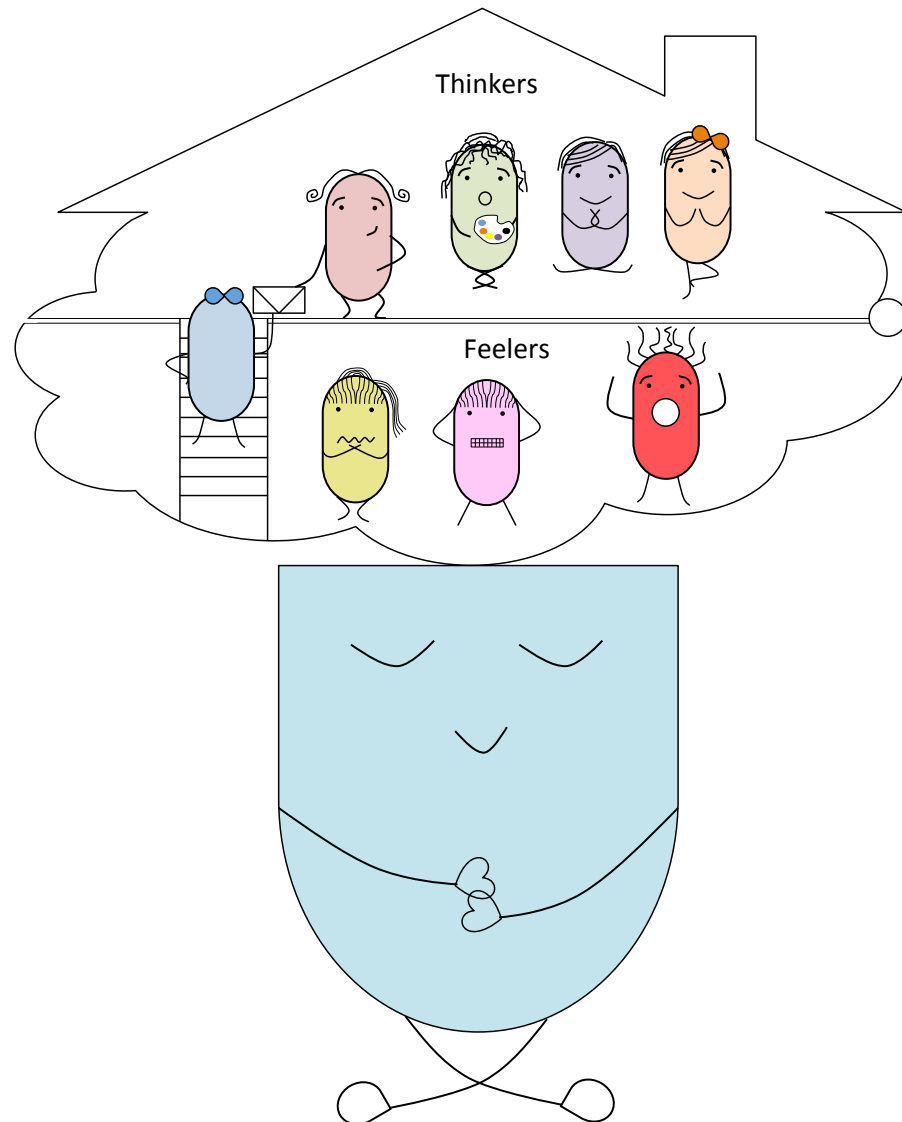


THE BRAIN HOUSE

Based on Dr Dan Siegel & Dr Tina Payne Bryson ideas on understanding the brain and Dr Hazel Harrison's conceptual narrative.

Reference: Siegel, D. J. and Payne Bryson, T. (2011) The Whole Brain Child: 12 proven strategies to nurture your child's developing mind. London: Constable & Robinson Ltd.

Presentation & characters created by Lisa Langley-Metcalf
www.counselling4children.co.uk



Our brain works best when the upstairs brain (Neocortex) and the downstairs brain (Limbic System) work together by sending messages up and down between the Feelers and Thinkers.

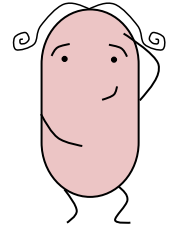
This helps us:

- make good choices
- make friends
- get along with others
- create games to play
- calm ourselves down
- get out of difficult situations

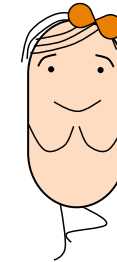
Upstairs: The Thinkers



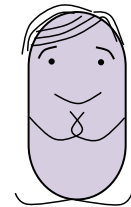
Creative Cade



Problem solving Paul

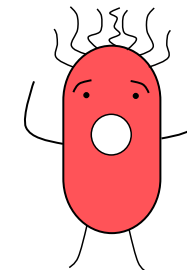


Calming Chloe

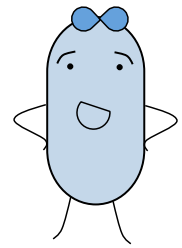


Flexible Freya

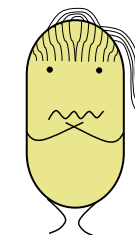
Downstairs: The Feelers



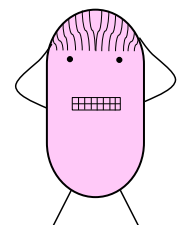
Alerting Al



Controlling Carly

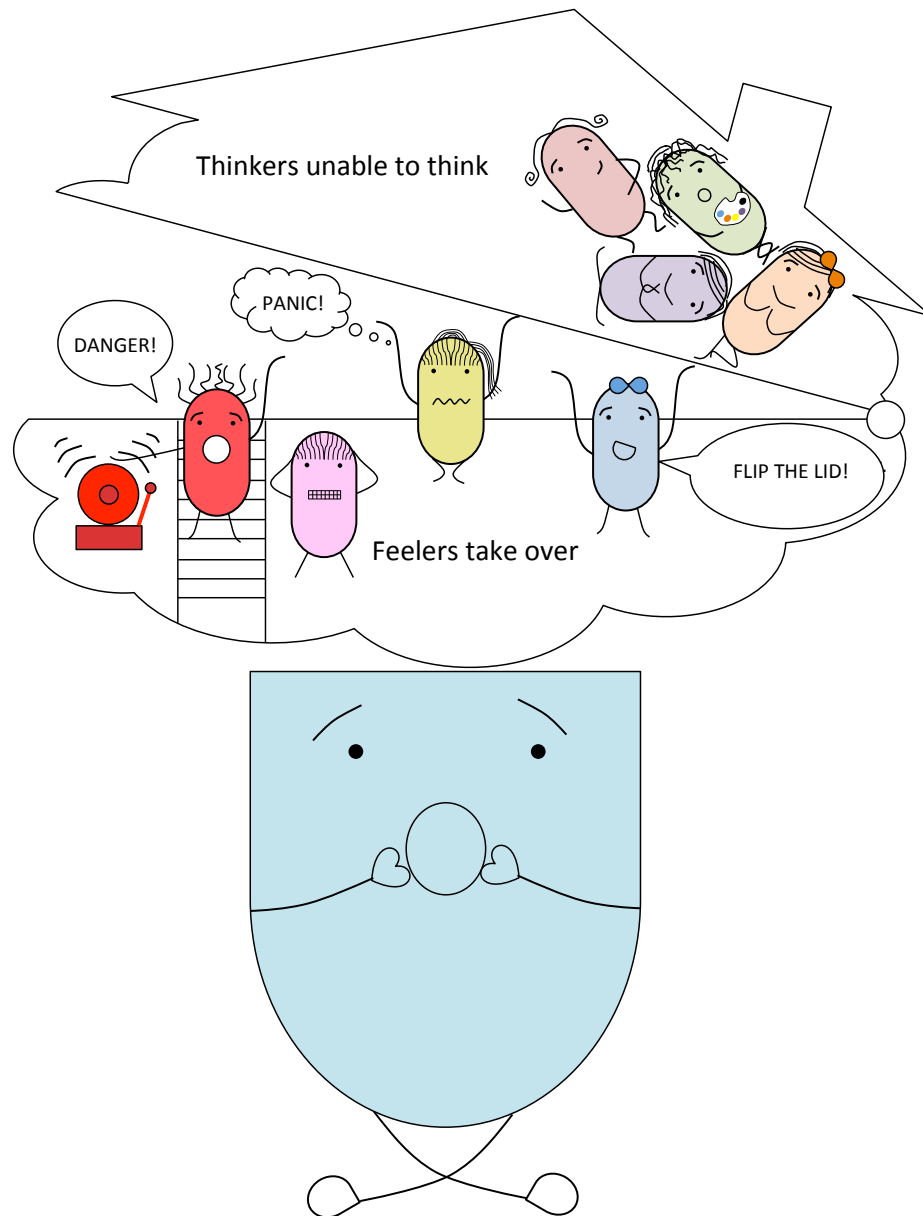


Frightened Fi



Anxiety Ant

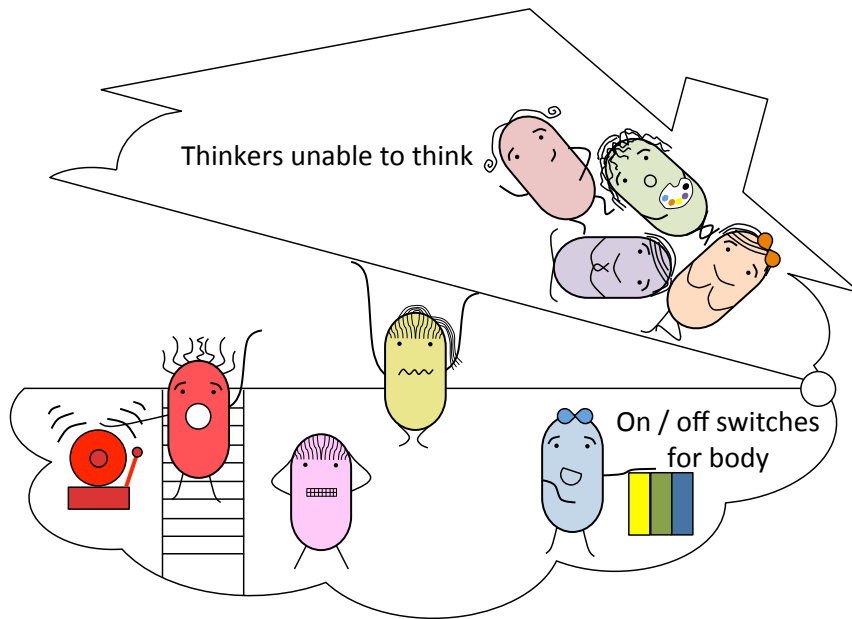
FLIPPING YOUR LID



But sometimes...

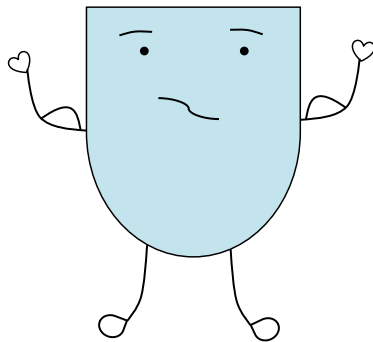
...in the downstairs brain Alerting Al  feels like he's in danger & sounds the alarm. Then Frightened Fi  panics, and Anxiety Ant  becomes Anxious. This causes Controlling Carly  to take over and she shouts out, 'THE DOWNSTAIRS BRAIN IS TAKING OVER – QUICK! FLIP THE LID!' She does this to keep the upstairs brain quiet so the downstairs Feelers can get the body ready for danger.

FIGHT-FLIGHT-FREEZE RESPONSE



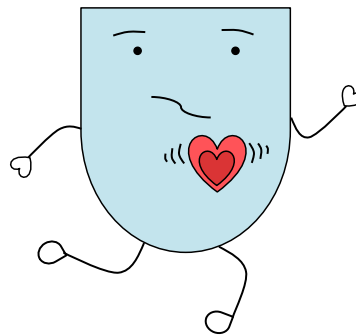
When necessary flipping our lids can be the safest thing to do. This is when Controlling Carly sends a signal to other parts of the body to switch on or off.

FIGHT



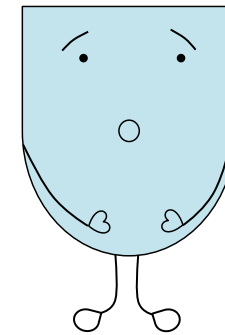
She can make our muscles get ready to fight in case we need to defend ourselves

FLIGHT



She can make our heart beat faster in case we need to run fast

FREEZE

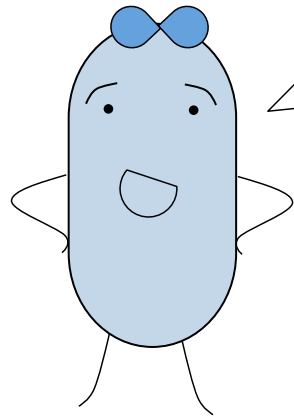


She can make our body stay very very still in case we need to hide from danger

What do you think your downstairs brain would do if you came across a bear in the woods?

Would you wave your arms at the bear to appear big and scary? Would you run away? Would you freeze?

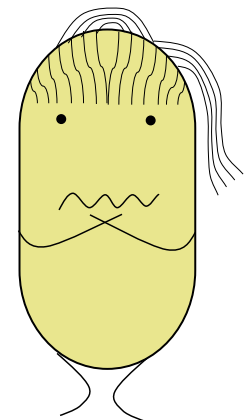
EVERYONE FLIPS THEIR LID...EVEN GROWN UPS



We can even flip our lid when something simply feels dangerous but really isn't, because some experiences can feel scary.

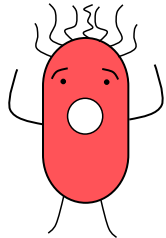
These experiences could be:

- Doing something new
- Losing something
- Standing up in class & reading out loud
- Not understanding a question in class
- Meeting new people
- Not knowing the answer to a question
- Friends not agreeing with you
- Getting told off by a teacher

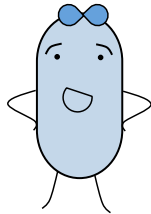


WHEN YOU ARE UNABLE TO THINK CLEARLY

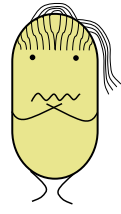
The Feelers living in the downstairs brain



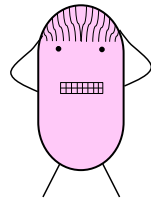
Alerting Al



Controlling Carly



Frightened Fi



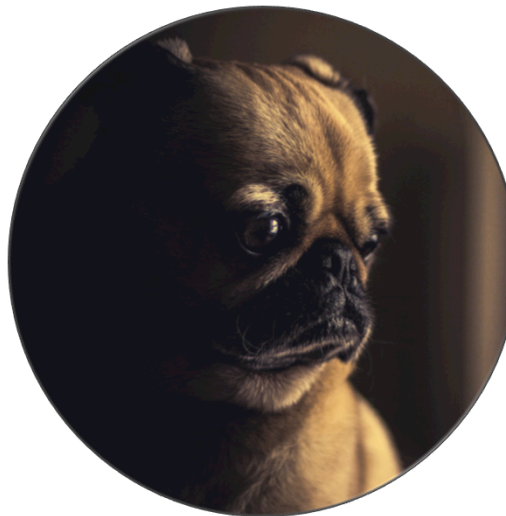
Anxiety Ant

When you flip your lid you are unable to think clearly because we (in the downstairs brain) have taken over, which means the upstairs brain (the thinking brain) is not working properly so it can be difficult to solve the problem. When this happens it can look like:



An angry scary reaction

or



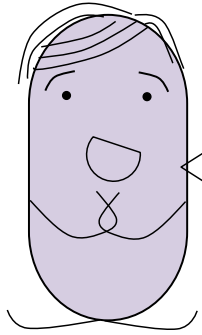
Crying

or



Running / hiding
from the situation

SENSATIONS IN YOUR BODY

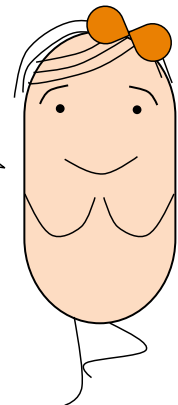


What do you think we can do to prevent us flipping our lid?

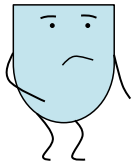
We can notice sensations in our body before we actually flip our lid so that we can keep it closed.

Sensations you may experience and signal that you might be close to flipping your lid may be:

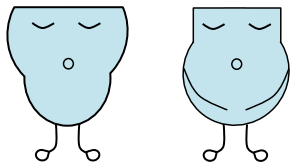
- Your tummy rumbling
- Your face getting hot
- Your heart starting to pound
- Sweating
- Feeling like your hands are about to clench
- Feeling tense in your shoulders and chest
- Feeling frustrated, disappointed or angry



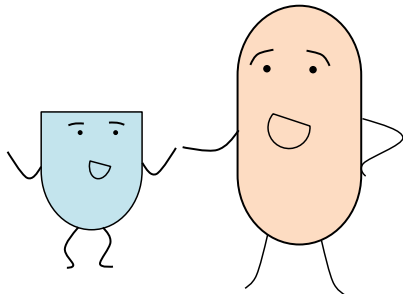
IF YOU'RE CLOSE TO FLIPPING YOUR LID, IT'S A GOOD IDEA TO:



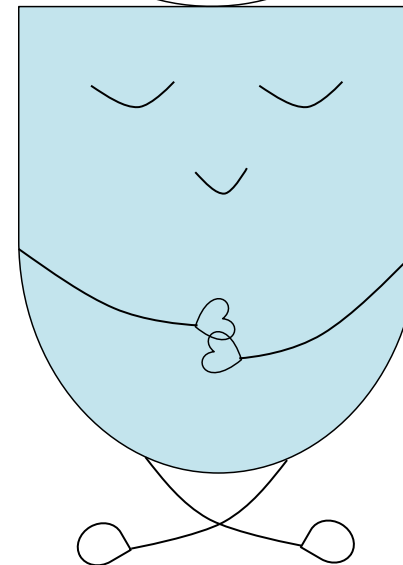
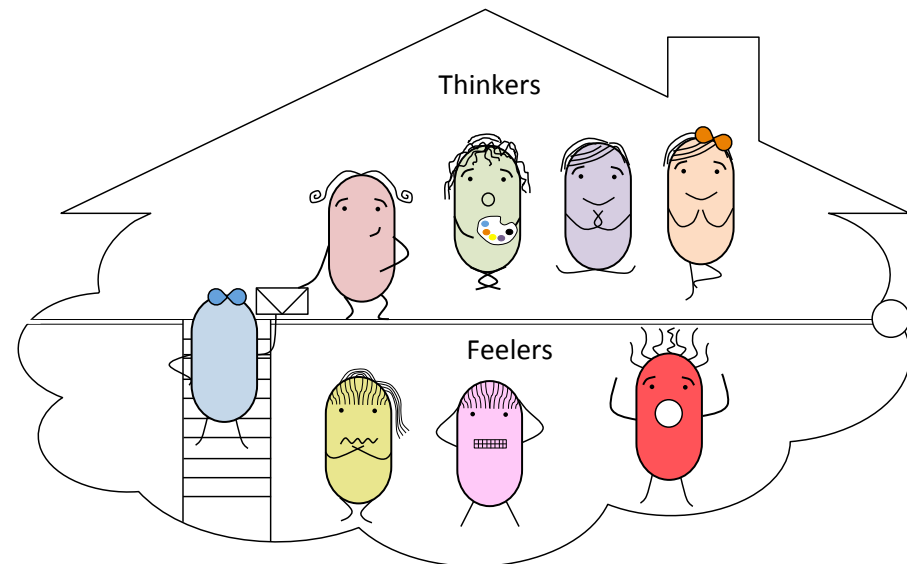
Walk away



Take some slow deep breaths, feeling your chest expand as you breath in, and feeling your shoulders relax as you breath out.



Talk to a trusted adult before you flip your lid so you can problem solve the situation together



When this happens the **Feelers** in the downstairs brain and the **Thinkers** in the upstairs brain can work together again.

References:

Siegel, D. J. and Payne Bryson, T. (2011) The whole brain child: 12 proven strategies to nurture your child's developing mind. London: Constable & Robinson Ltd.

Harrison, H. (date unknown) How to teach kids about the brain: laying strong foundations for emotional intelligence.

Available at: <https://www.veysigmund.com/how-to-teach-kids-about-the-brain-laying-strong-foundations-for-emotional-intelligence-by-dr-hazel-harrison/>

(Accessed 26 September 2018)