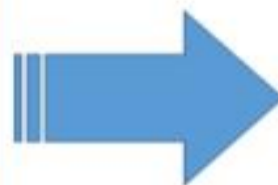


The Pocket Public School Wellbeing Initiative



The **prefrontal cortex**, the upstairs brain, helps us to:

- ♥ make good choices
- ♥ pay attention
- ♥ learn
- ♥ play
- ♥ be calm



The Flipped Lid

The **amygdala** – the alarm centre or down stairs brain, is acting on instinct (fight, flight or freeze).

We may see:

- ♥ big emotions
- ♥ anger
- ♥ fear
- ♥ anxiety
- ♥ stops us thinking clearly

Prefrontal Cortex

The prefrontal cortex helps us make good choices, pay attention, learn, think, have body control and have empathy

It is also known as the upstairs brain.

Amygdala

The amygdala helps us keep safe. It is where all of our emotions come from but sometimes if we have strong emotions it keeps us from thinking clearly.

It is also known as the downstairs brain.

Our upstairs and down stairs brain are in constant communication with one another, relaying messages and information all the time. If we FLIP OUR LIDS our upstairs and downstairs brain can't communicate because they're not connected.

Flipping Your Lid