
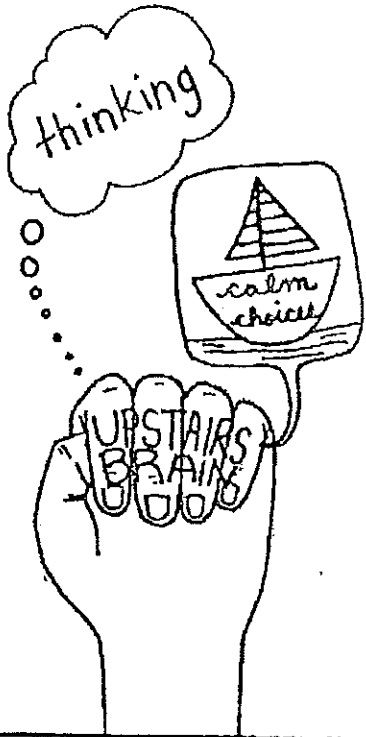

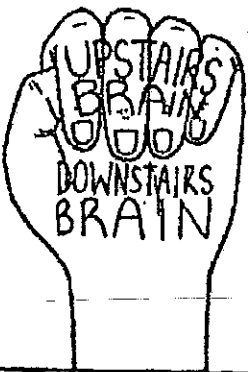
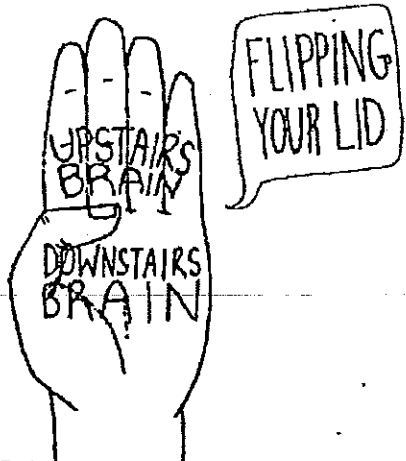


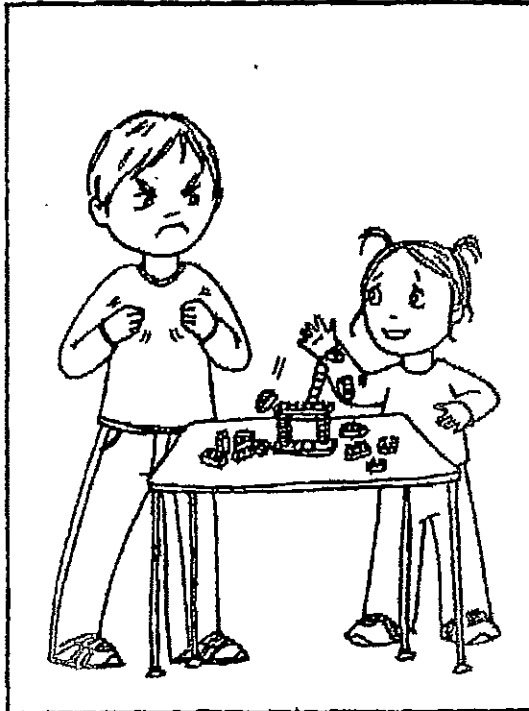
WHOLE-BRAIN KIDS: Teach Your Kids About Their Downstairs and Upstairs Brain

YOUR DOWNSTAIRS BRAIN AND YOUR UPSTAIRS BRAIN

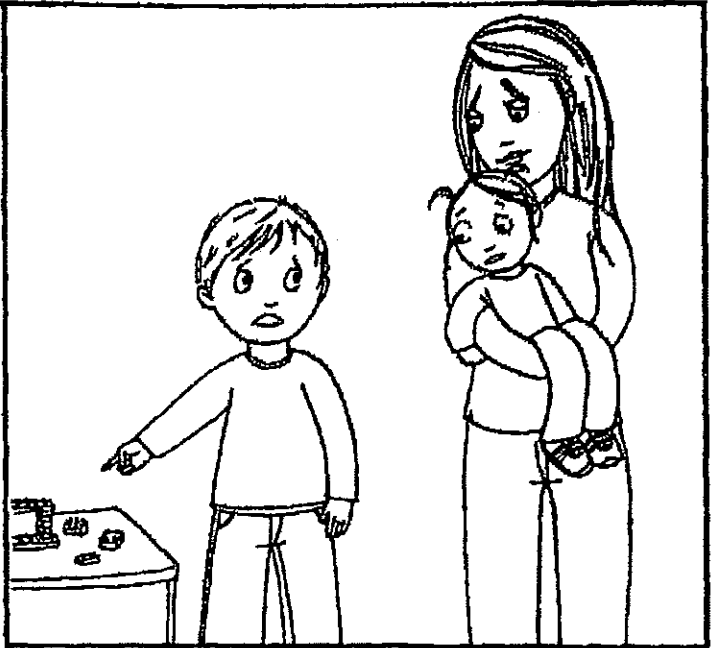
		
<p>MAKE A FIST WITH YOUR HAND. THIS IS WHAT WE CALL A HAND MODEL OF YOUR BRAIN. REMEMBER HOW YOU HAVE A LEFT SIDE AND A RIGHT SIDE TO YOUR BRAIN? WELL, YOU ALSO HAVE AN UPSTAIRS AND A DOWNSTAIRS PART OF YOUR BRAIN.</p>	<p>THE UPSTAIRS BRAIN IS WHERE YOU MAKE GOOD DECISIONS AND DO THE RIGHT THING, EVEN WHEN YOU ARE FEELING REALLY UPSET.</p>	<p>NOW LIFT YOUR FINGERS A LITTLE BIT. SEE WHERE YOUR THUMB IS? THAT'S PART OF YOUR DOWNSTAIRS BRAIN, AND IT'S WHERE YOUR REALLY BIG FEELINGS COME FROM. IT LETS YOU CARE ABOUT OTHER PEOPLE AND FEEL LOVE. IT ALSO LETS YOU FEEL UPSET, LIKE WHEN YOU'RE MAD OR FRUSTRATED.</p>

	
<p>THERE'S NOTHING WRONG WITH FEELING UPSET. THAT'S NORMAL, ESPECIALLY WHEN YOUR UPSTAIRS BRAIN HELPS YOU CALM DOWN. FOR EXAMPLE, CLOSE YOUR FINGERS AGAIN. SEE HOW THE UPSTAIRS THINKING PART OF YOUR BRAIN IS TOUCHING YOUR THUMB, SO IT CAN HELP YOUR DOWNSTAIRS BRAIN EXPRESS YOUR FEELINGS CALMLY?</p>	<p>SOMETIMES WHEN WE GET REALLY UPSET, WE CAN FLIP OUR LID. RAISE YOUR FINGERS LIKE THIS. SEE HOW YOUR UPSTAIRS BRAIN IS NO LONGER TOUCHING YOUR DOWNSTAIRS BRAIN? THAT MEANS IT CAN'T HELP IT STAY CALM.</p>

FOR EXAMPLE:



THIS IS WHAT HAPPENED TO JEFFREY WHEN HIS SISTER DESTROYED HIS LEGO TOWER. HE FLIPPED HIS LID AND WANTED TO SCREAM AT HER.



BUT JEFFREY'S PARENTS HAD TAUGHT HIM ABOUT FLIPPING HIS LID, AND HOW HIS UPSTAIRS BRAIN COULD HUG HIS DOWNSTAIRS BRAIN AND HELP HIM CALM DOWN. HE WAS STILL ANGRY, BUT INSTEAD OF SHOUTING AT HIS SISTER, HE WAS ABLE TO TELL HER HE WAS ANGRY AND ASK HIS PARENTS TO TAKE HER OUT OF HIS ROOM.



SO THE NEXT TIME YOU FEEL YOURSELF STARTING TO FLIP YOUR LID, MAKE A BRAIN MODEL WITH YOUR HAND. (REMEMBER, IT'S A BRAIN MODEL, NOT AN ANGRY FIST!) PUT YOUR FINGERS STRAIGHT UP, THEN SLOWLY LOWER THEM SO THAT THEY'RE HUGGING YOUR THUMB. THIS WILL BE YOUR REMINDER TO USE YOUR UPSTAIRS BRAIN TO HELP YOU CALM THOSE BIG FEELINGS FROM THE DOWNSTAIRS BRAIN.