



What Is My Child Learning?

Your child is learning to focus attention on his or her body for clues about how he or she is feeling.

Why Is It Important?

Thinking about one's feelings helps the thinking part of the brain start to get back in control. This helps children manage strong feelings.

Ask your child: Where do you feel strong feelings in your body? Point to the places.

Read Together

When you have strong feelings, it's hard for your brain to think. The feeling part of the brain can take over! When this happens, it's like you 'flip your lid' or lose control of the thinking part of your brain. Try to focus your attention on your body for clues about how you're feeling. This gets your brain thinking again, so it can start to take back control.

Practise Together: Don't Flip Your Lid!

1. Read 'How to Make a Hand-Brain' (below) and practise together.
2. Pick a feeling from the list below and think of a time you felt it in a strong way.
3. Make a hand-brain that has flipped its lid.
4. Think and talk with each other about where you feel that feeling in your body.
5. Fold your fingers back over your thumb as you take back control.
6. Try another feeling!



How to Make a Hand-Brain

Description	Action
Imagine your hand is your brain.	Hold your hand up, palm facing away from you.
The thumb is like the <i>feeling</i> part of your brain.	Fold your thumb in on top of your palm.
Your fingers are like the <i>thinking</i> part of your brain.	Fold your fingers over your thumb.
When you feel strong feelings, it's like you flip your lid.	Flip up your fingers.
The feeling part of the brain takes over.	Wiggle your thumb.

ANGRY embarrassed **EXCITED**
anxious disappointed

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)