LESSON 1

Flip Your Lid

What happens in your brain when emotions run high?

Have you ever said something you wished you could take back?

You can think of an example without sharing it.



THE AMYGDALA

Your brain's alarm

The amygdala helps notice possible threats.

It works with other brain and body systems to get you ready to react.

What might set off your alarm at school?

"Guard dog" is a nickname to help us understand its job.



THE PREFRONTAL CORTEX

Thinking through your choices

Behind your forehead, this part of your brain helps you pause and think ahead.

It helps you consider what might happen before you respond.

What could happen if you reply while you are furious?

High stress can make these skills harder to use.



The hand model

Try each position with your own hand.



1. Tuck your thumb

Your thumb stands in for deeper brain systems, including the amygdala.



2. Fold your fingers

Your folded fingers remind us of the thinking part of your brain.



3. Lift your fingers

A flipped lid represents how high stress can make thoughtful choices harder.

This is a metaphor. Your brain does not literally open or switch off.

Fight, flight, and freeze

Stress reactions can look different.



FIGHT

You feel an urge to argue or shout.



FLIGHT

You feel an urge to get away.



FREEZE

You feel stuck or cannot find words.

These are clues, not labels. You cannot know everything someone feels by looking.

WHEN YOUR LID FLIPS

A pause gives you time

High stress can make it harder to listen and think through what could happen next.

Calming your body can help you return to the problem.

Someone posts something hurtful about you.
You want to send an angry reply.

What could you do before you hit send?



If there is a threat or you feel unsafe, get adult help now.

LET'S PRACTICE

What would you do first?

Scenario:
A classmate makes a rude comment.
Your face feels hot, and you want to snap back.

Choose your first step:

A. Say something hurtful back.

B. Pause and help your body calm down.

C. Start arguing until they apologize.

What body clue tells you that you need a pause?

If you feel unsafe, get adult help.



LESSON 1 CHECK

What did you learn?

Write a short answer or explain to a partner.

1. What does the amygdala help your brain notice?

2. What does the prefrontal cortex help you do?

3. Why can a pause help before you solve a problem?

You can use a made-up example. Personal sharing is optional.

