

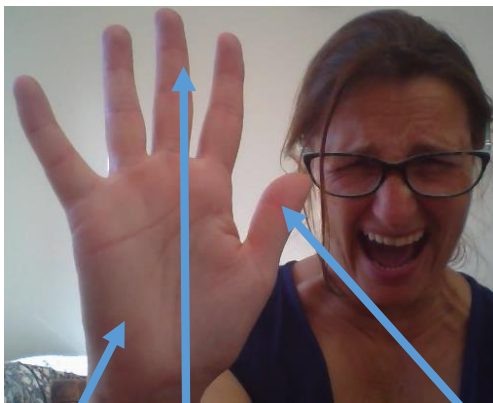
Dear Parents

Mrs O'Mahony has recently been involved in a project with Bath Spa University examining the way that Emotion Coaching can help our children deal with their emotions and the ups and downs of their daily lives. They have been learning about how the brain works and some simple techniques to help them if things go wrong.

You may hear your children using language such as "flipping your lid" or "putting my lid back on". This refers to Prof. Dan Siegel's "Hand Brain" explanation of what is happening in the brain when we get angry or frightened. Ask your child about this and look at

<http://www.emotioncoaching.co.uk/> for more information. We have asked the children to try the **Just Breathe** technique to help them to calm down or "put their lid back on". This video is also on the website.

Mrs O'Mahony has "flipped her lid"!



My emotions live in the lower part of my brain.

My amygdala is the fight or flight part of my brain. I need to try to keep it under control.

My pre-frontal cortex is where I make my decisions and it is disengaged. I've "flipped my lid".

Mrs O'Mahony is calm.



When I do my breathing my pre-frontal cortex engages, my amygdala is controlled and "my lid is back on."