

THE BRAIN HOUSE

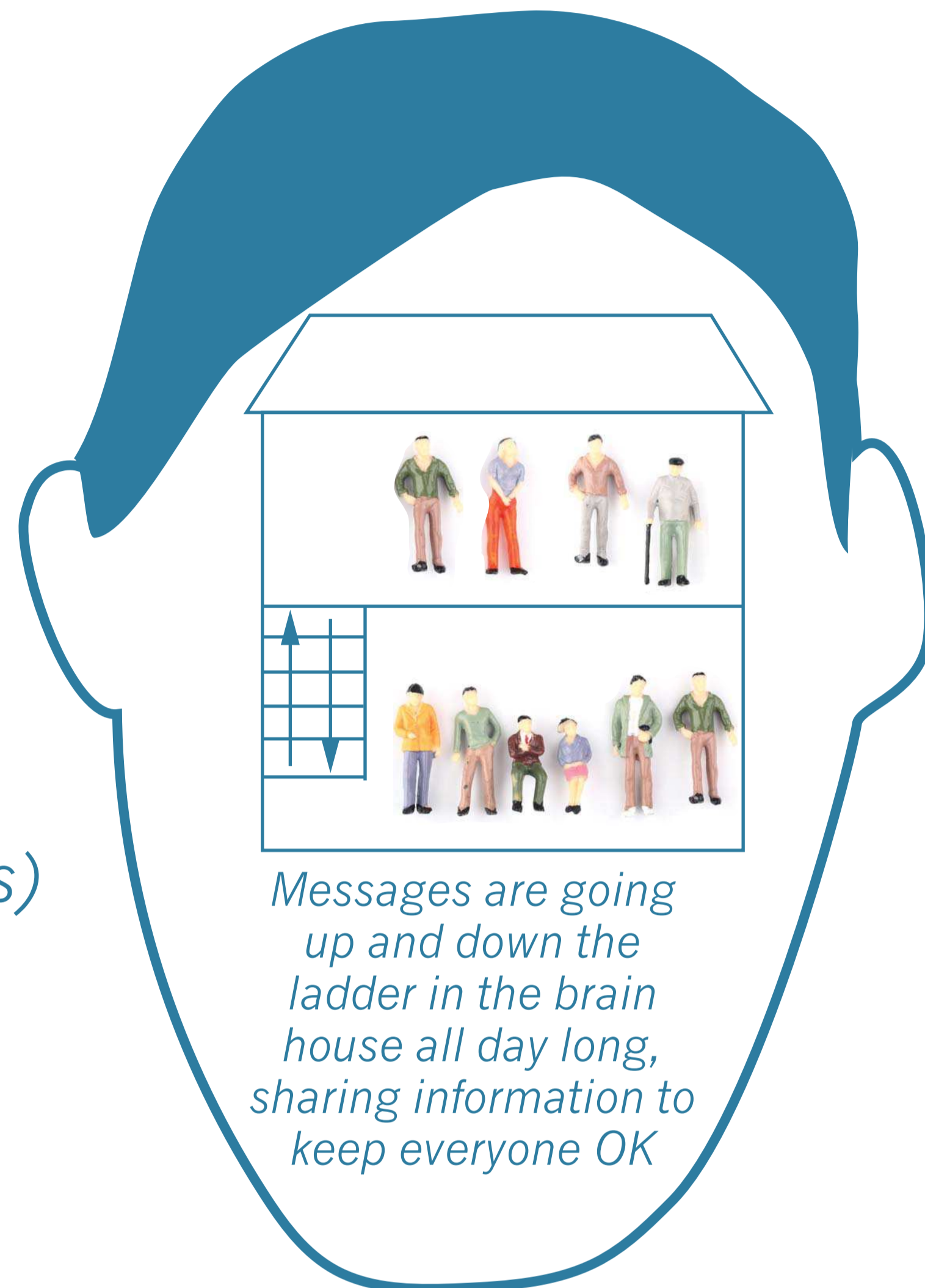
Who lives upstairs and who lives downstairs?

UPSTAIRS:

The Thinkers

Problem solvers,
emotion regulators
and flexible people

Calming Carly,
Creative Craig,
Flexible Fiona,
Problem Solving Pete

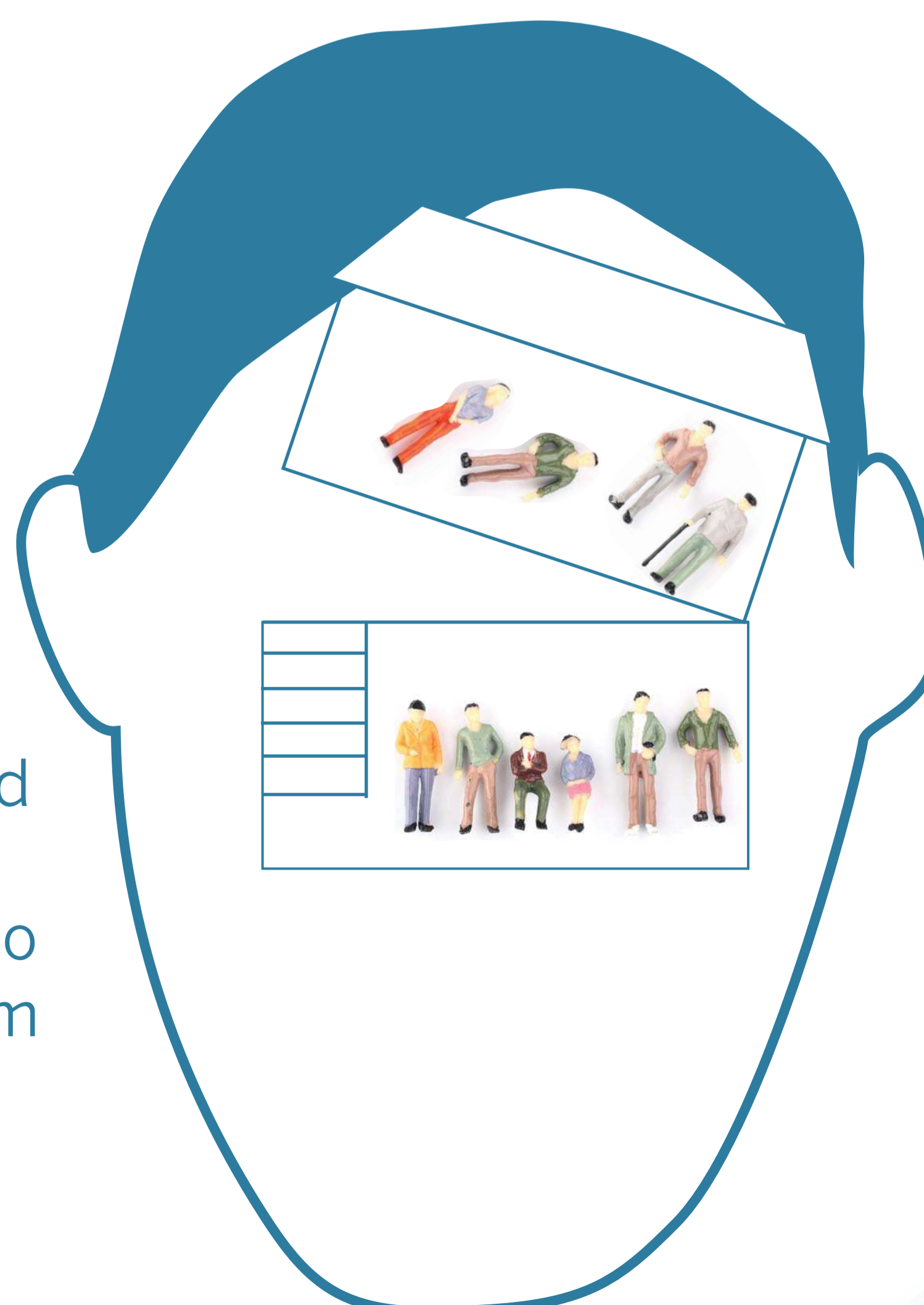


DOWNSTAIRS:

*The Feelers
(emotions & feelings)*

Alerting Allie,
Frightened Fred,
Anxious Annie,
Angry Andy

When the feelers take over we **FLIP OUR LIDS** and lose contact with the upstairs thinkers and we feel upset.



Take a few breaths and reconnect the top and bottom of the house to feel balanced and calm again.