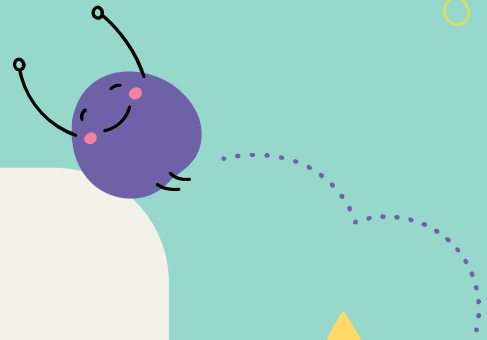
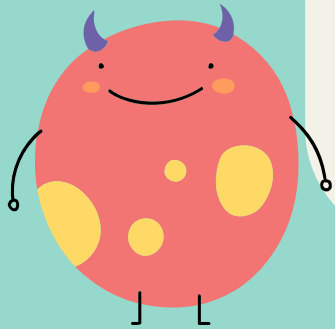


Flipping Your Lid

1st Grade
Unit 1.2 – Neuroscience
Lesson 3



Class Connect

If you were an animal
would you rather...

be tiny
like a bug



or

big like
a bear



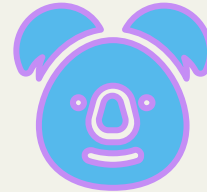
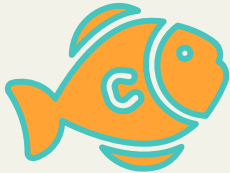
Class Connect

If you were an animal
would you rather...

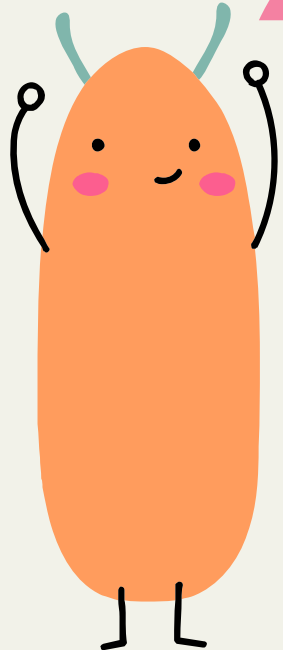
live in the water

or

live in the
rainforest



Review



wellness



well·ness



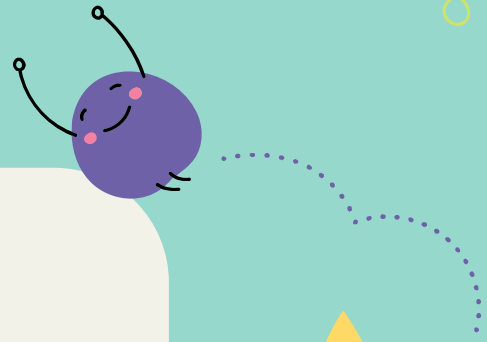
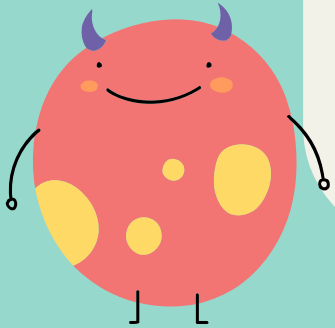
synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy

TODAY'S
LESSON

Flipping Your Lid

1st Grade
Unit 1.2 – Neuroscience
Lesson 3



Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- The study of our nerves, nervous tissue, and their relation to our behavior and learning
- how our brain and body connect



neuroscience



synonyms- brain science, nervous system

antonyms - astronomy, geology, mathematics

examples

- deep breaths helping to control our heartbeat and calm
- reflexes-like catching something that falls near you

question

- What is one part of our body or brain that is studied in ***neuroscience?***

non-examples

- plant life cycles
- meteorology
- paleontology



Prefrontal Cortex

Cerebrum

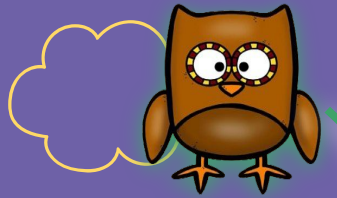
Hippocampus

Cerebellum

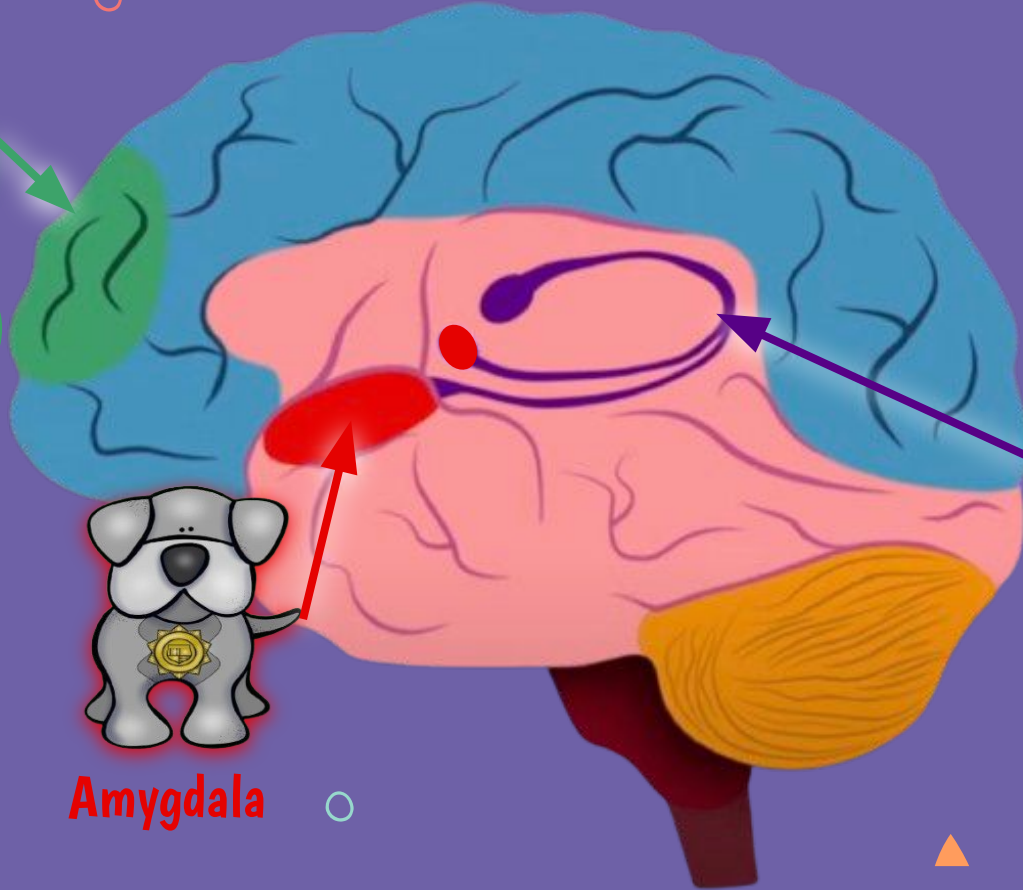
Brain Stem

Amygdala

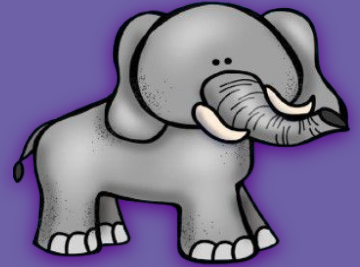




Prefrontal
Cortex (PFC)

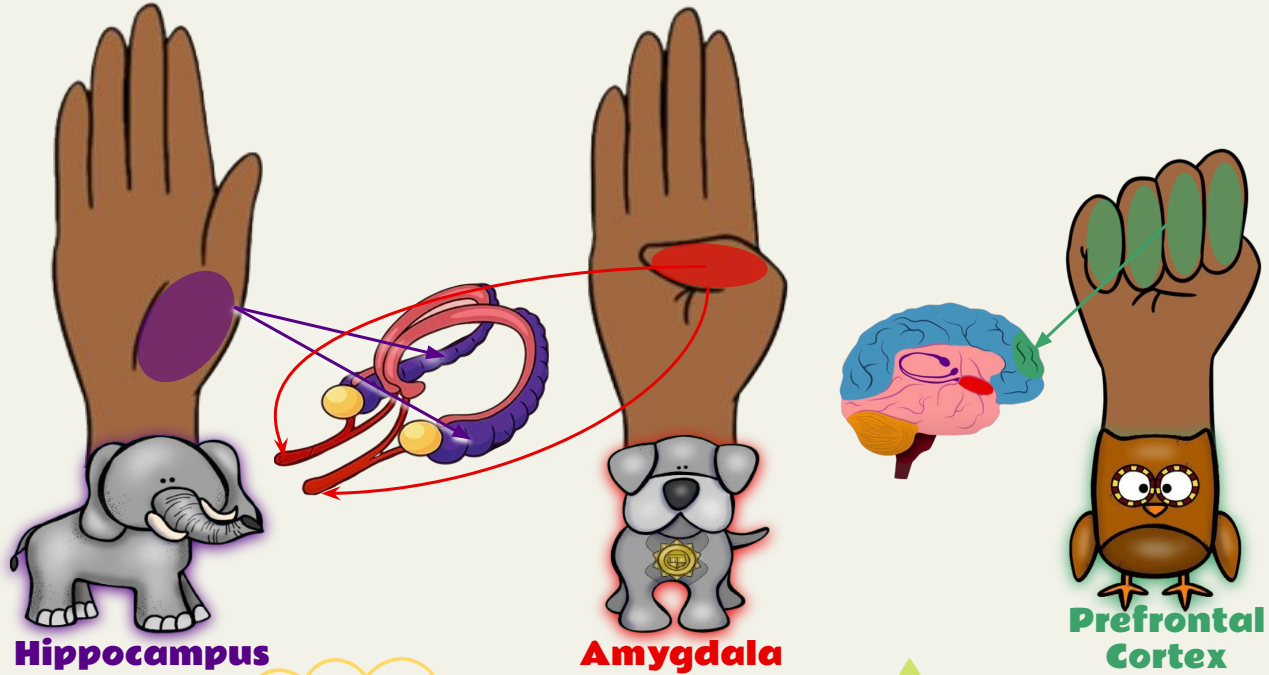


Amygdala



Hippocampus

Hand Model of the Brain



▲ Movement Break



definition

- when big feelings set off the alarm system in our brain, making it difficult to make the best choices

“flipping your lid”

👉 flip · ping · your · lid 👉

synonym-

fight/flight/freeze

antonym- calm, regulated

examples

- getting angry and screaming at someone
- running away when scared
- stage fright

question

- What zone/emotion might someone be in when they **flip their lid**?

non-examples

- using conflict resolution strategies
- taking deep breaths



Flipping Your Lid



- Your guard dog (*amygdala*) is on alert!
 - big emotions / perceived danger
 - less control over our actions
- You are no longer thinking with your wise owl (*prefrontal cortex*).
- You act on your natural response:
 - fight
 - flight
 - freeze
 - fawn

Activity Time

memory saving elephant



Hippocampus

guard dog



Amygdala

wise owl



Prefrontal Cortex

Let's Practice!

When the time is up, and I count you down, show me the answer for the animal that has a long nose, and big ears!



When you “**flip your lid**” what part of your brain is in control?



Which hand shape/animal represents the part of the brain called our **hippocampus**?



Which part of your brain has two receptors taking in information to decide **how you feel**?



Which part of your brain helps you **think** through consequences and **solve** problems?



Which part of our brain knows our favorite things—like our favorite color, food, or tv show?



Which part of your brain helps you learn and follow the expectations here at school?



Peace Out



Guardian Extension

Why do we lose
CONTROL
of our
emotions?



- **Watch the video review the lesson topic.**

- **Discussion questions**

- What are the three parts of the brain you learned about in SEL?
- Can you remember what each part of the brain controls?
- What does flipping your lid mean?
- When is a time your "lid" may "flip"?

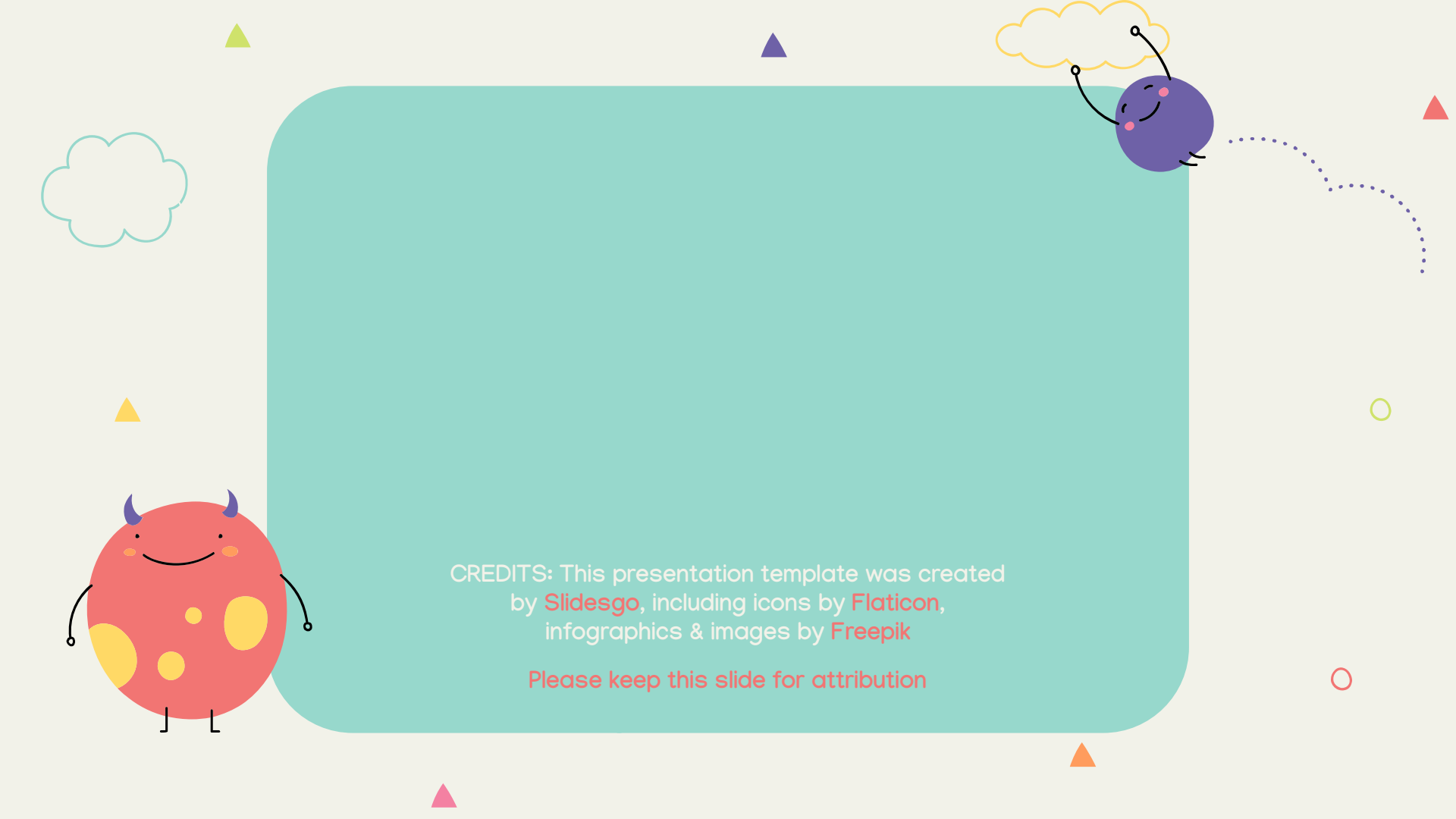


Teacher Extension



Explore further our fight, flight, or freeze response





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