

Flipping My Lid: *Triggers*



3rd Grade
Unit 1.2 Neuroscience
Lesson 3

Class Connect



Review

mental health

👏 men·tal · health 👏

synonym- wellbeing

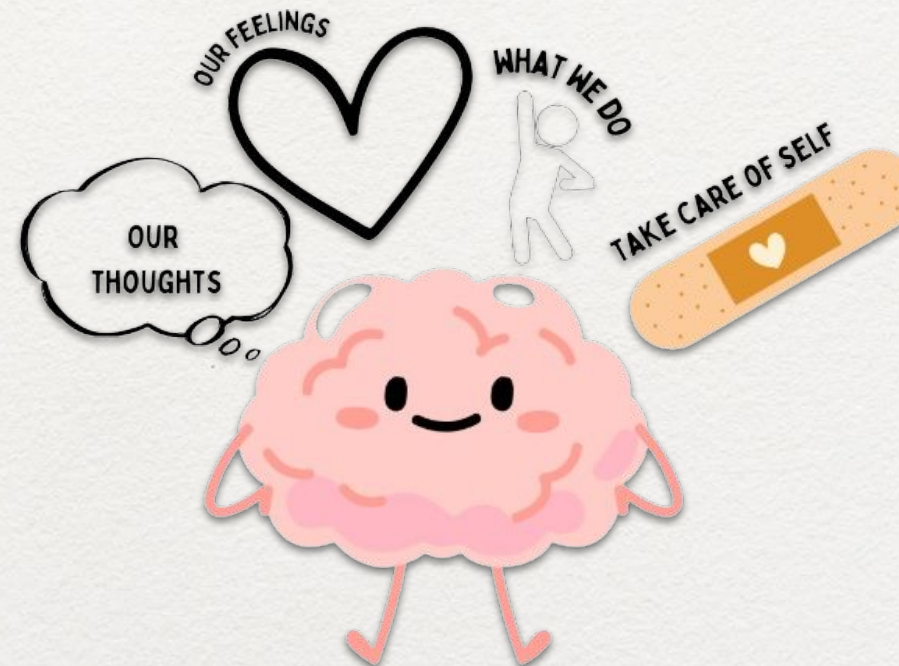
antonym- other people's
thoughts/opinions

wellness

👏 well·ness 👏

synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy



TODAY'S
LESSON

Flipping My Lid: *Triggers*



3rd Grade
Unit 1.2 Neuroscience
Lesson 3

Why are we learning this?

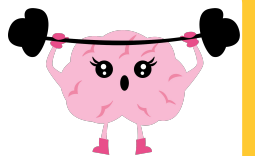
Regulation



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

👏 neu·ro·sci·ence 👏

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



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

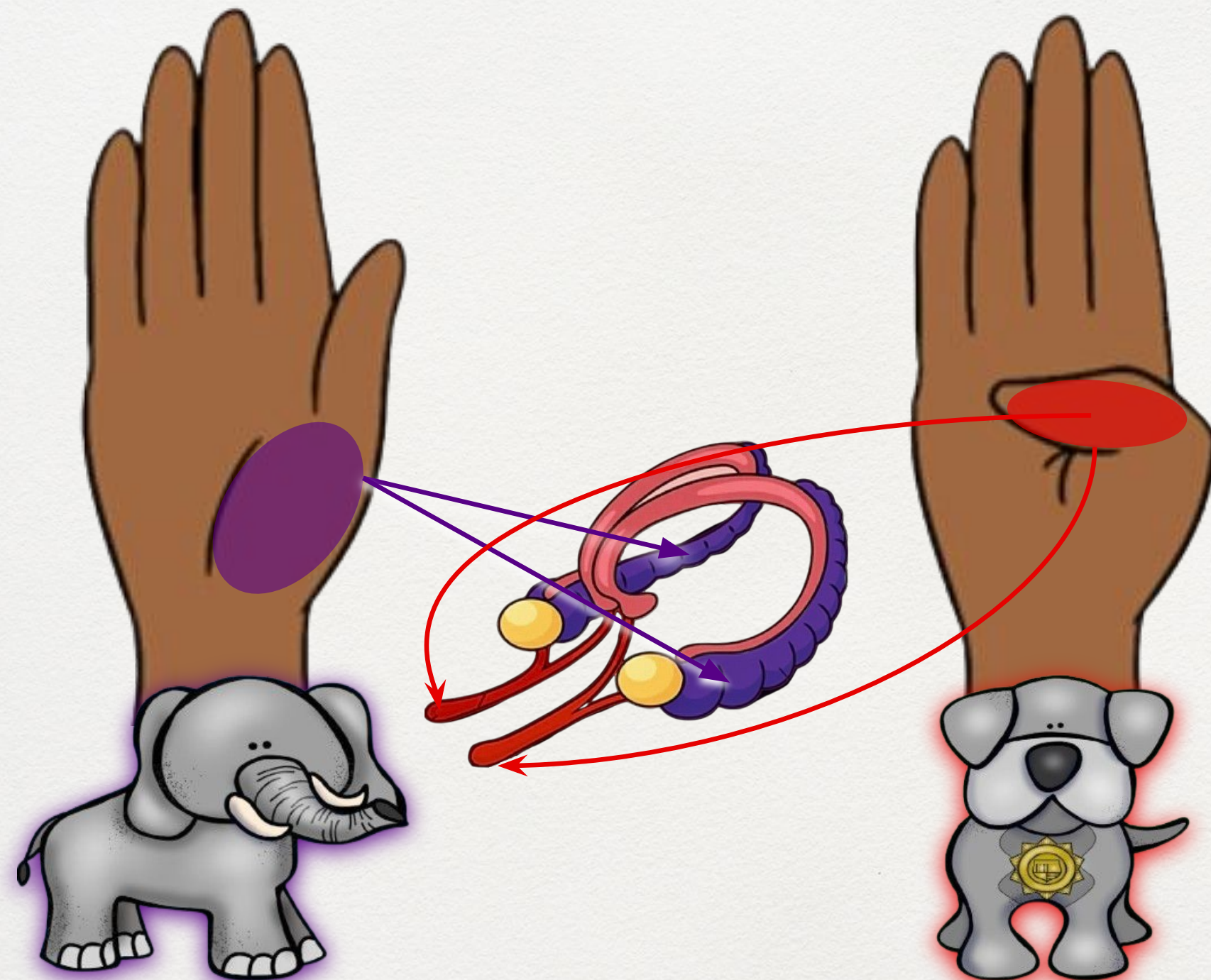
- What zone/emotion might someone be in when they **flip their lid**?

non-examples

- using conflict resolution strategies
- taking deep breaths

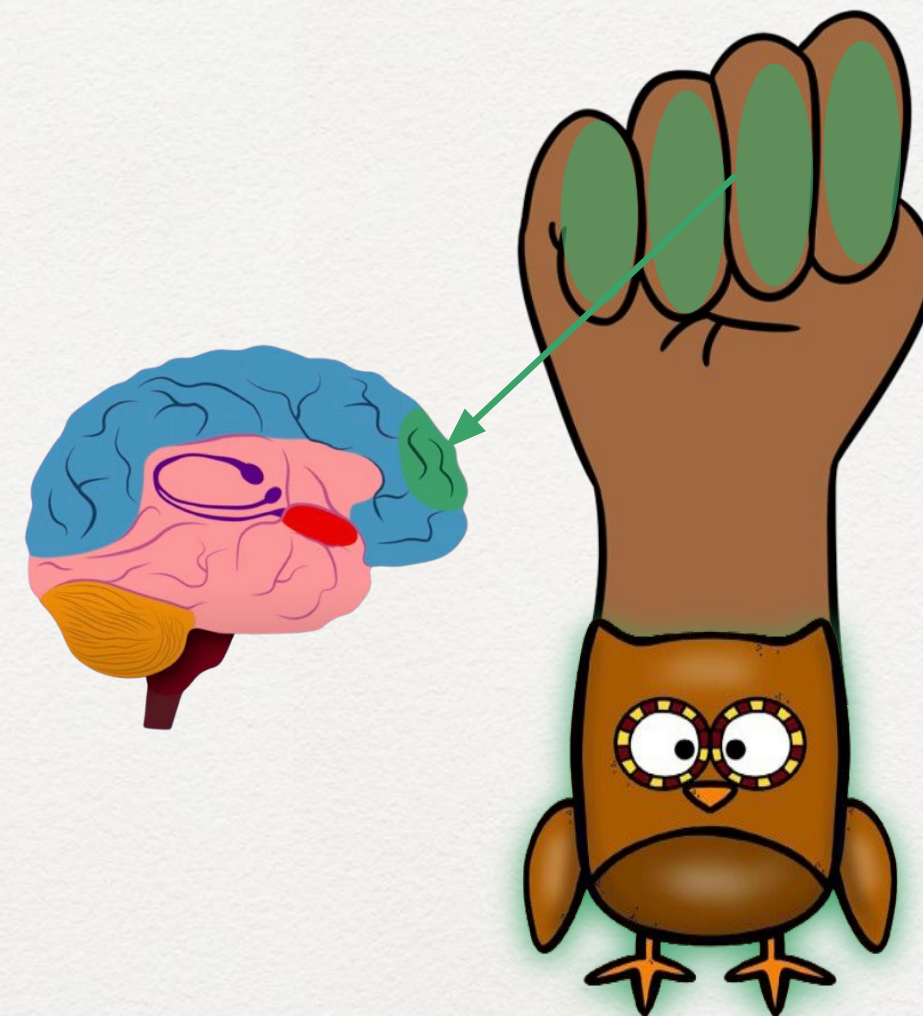


Remember?



Hippocampus
memory

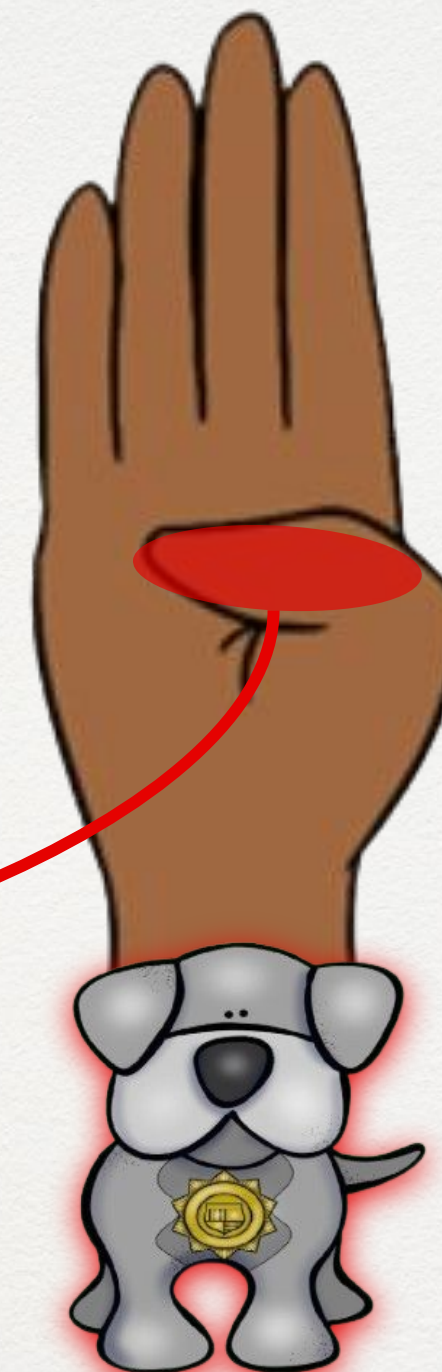
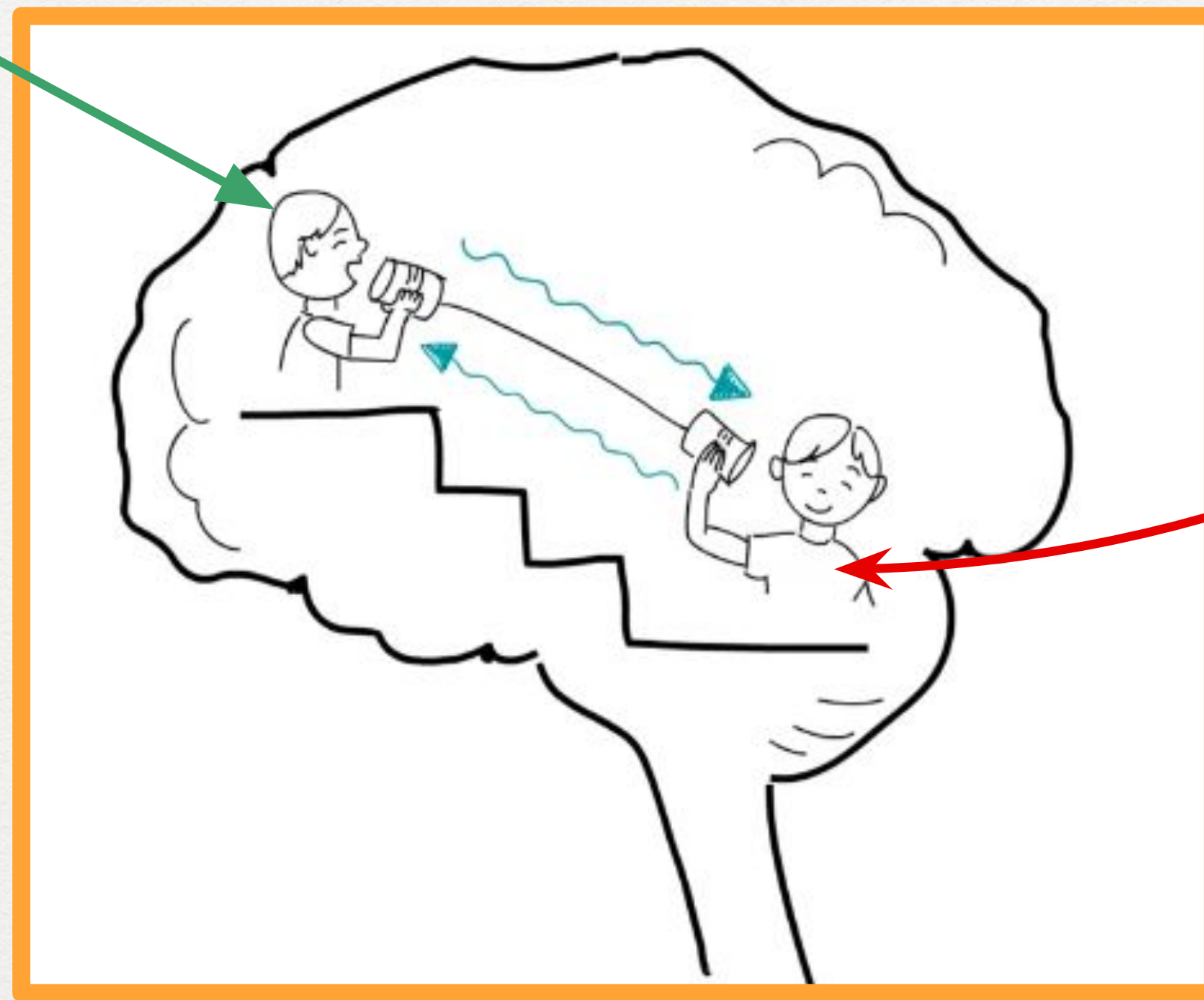
Amygdala
big emotions,
quick thinking



Prefrontal Cortex
thinking brain



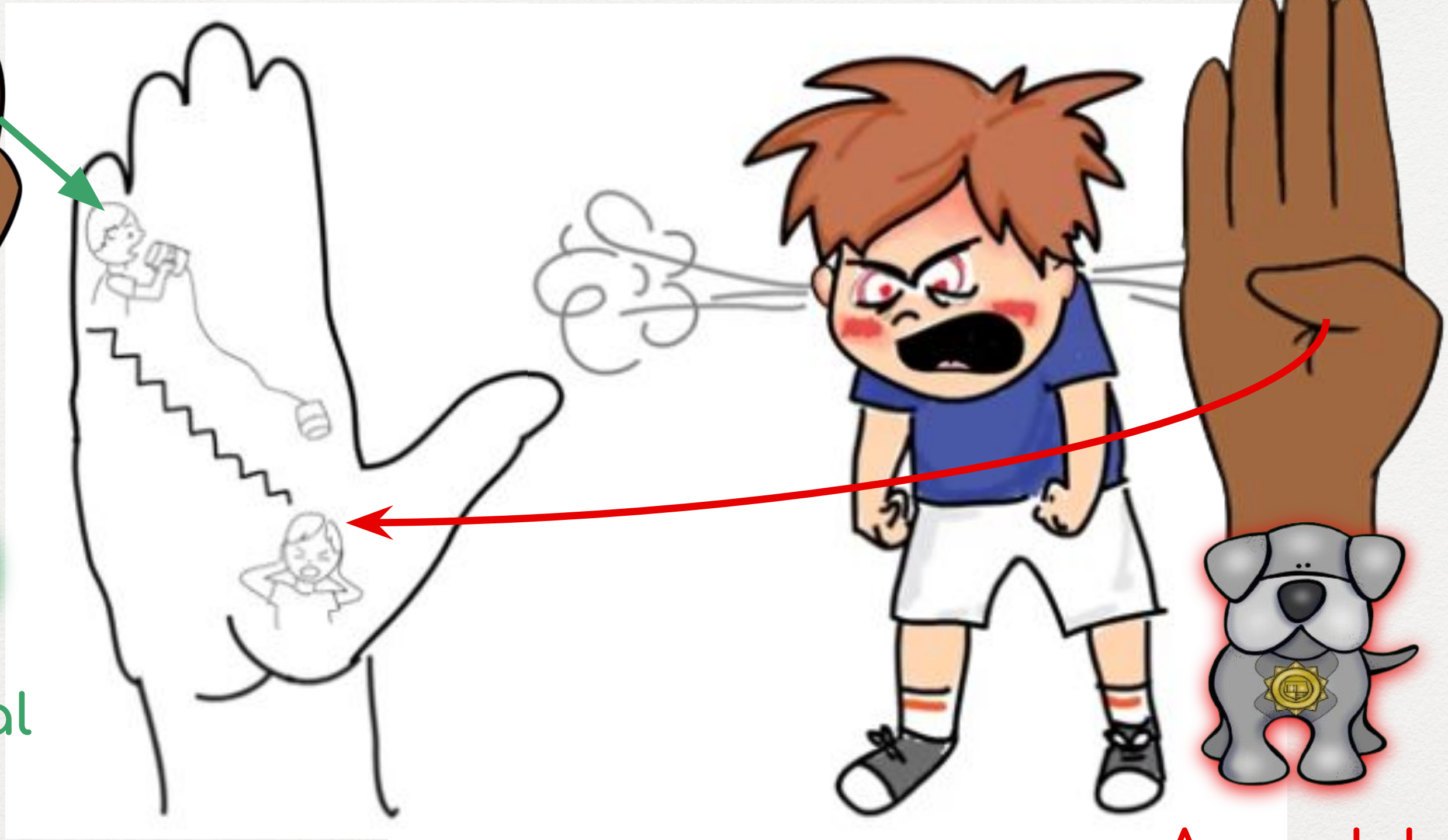
Prefrontal
Cortex



Amygdala



Prefrontal Cortex



Amygdala



What Triggers
Your Big
Emotions?



Movement Break



Let's Talk About Triggers

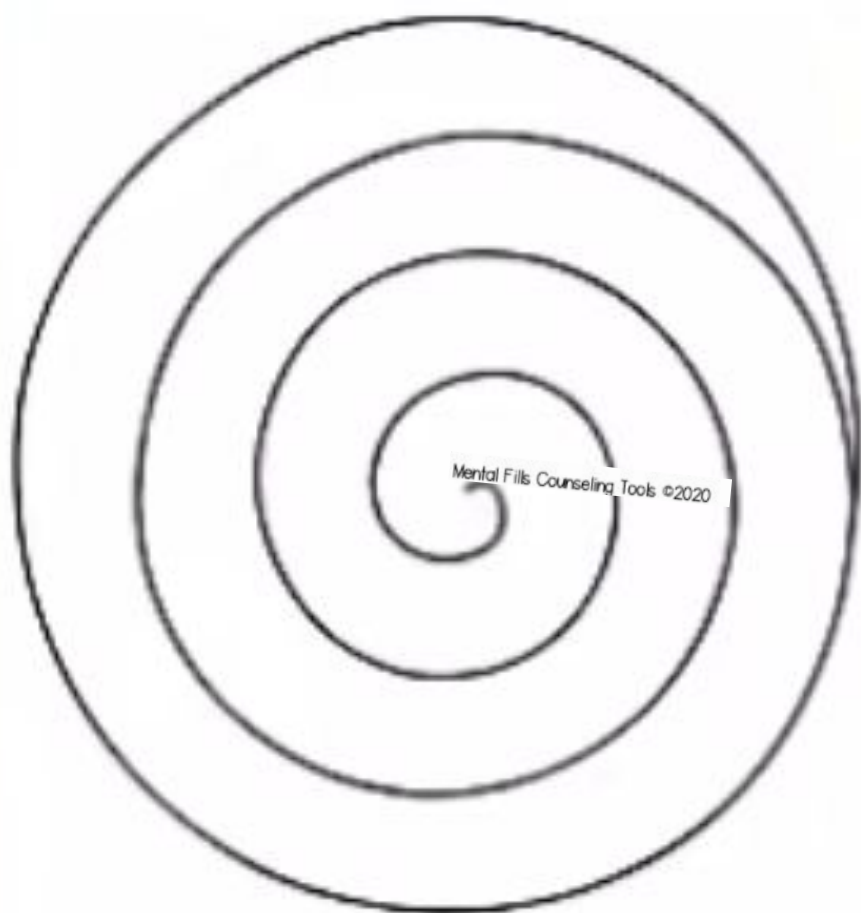
Triggers

- Are different for different people
- Show us where we can grow and improve
- Allow us to be more successful
 - *Plan for an event/situation you know may be triggering*
 - *Notice when one of your triggers is happening and take a short break*
 - *Share with with those you trust, and ask about them*

OPTION 1

Activity Time

Spiral Template



- | | |
|---|---|
| ☐ Being Told No | ☐ Being Ignored |
| ☐ Waiting | ☐ A Misunderstanding |
| ☐ Hunger | ☐ Being Disrespected |
| ☐ Cheating | ☐ Being Bumped Into |
| ☐ Being Touched | ☐ Loud Noises |
| ☐ Too Much To Do | ☐ Losing a Game |
| ☐ Rumors or Gossip | ☐ An Accident |
| ☐ Hurt or Pain | ☐ Being Left Out |
| ☐ Being Scared | ☐ Being Bullied |
| ☐ Bad News | ☐ An Interruption |
| ☐ Unfair Treatment | ☐ Things Do Not Go As Planned |
| ☐ Tests and Grades | ☐ Things Are Not Fair |
| ☐ Being Late | ☐ Not Understanding What To Do |
| ☐ Being Criticized | ☐ Being Told What To Do |
| ☐ Being Tired | |

Activity Time

OPTION 2



Peace Out



Guardian Extension

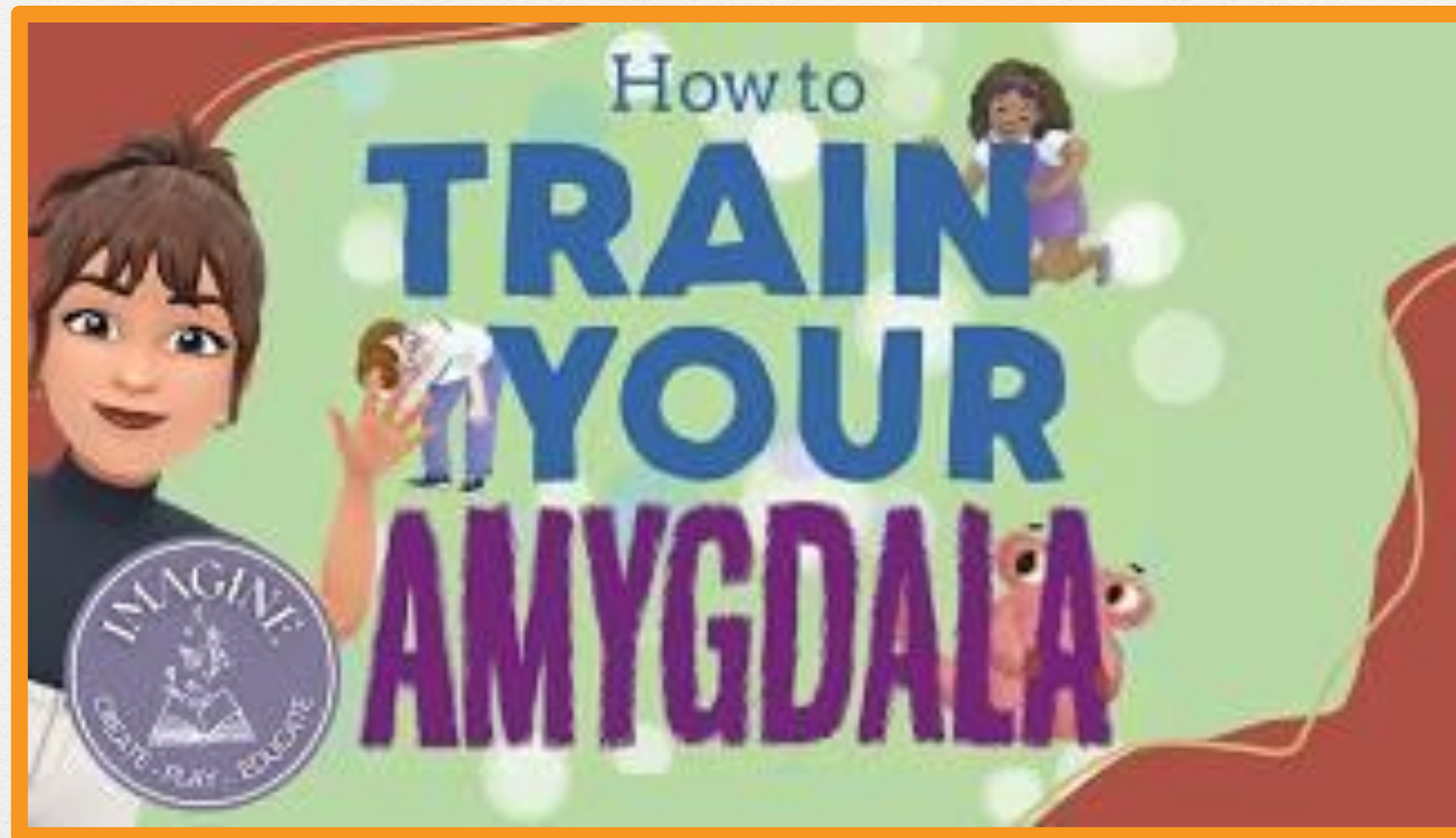


Why do we lose
CONTROL
of our
emotions?



- Watch the video titled Why do we lose control of our emotions?
- Have your child share with you their knowledge of the parts of the brain associated with “flipping your lid”.
- Take turns sharing with one another things that are triggers for each of you in order to grow and better be able to support one another as a family.

Teacher Extension



Credits

This presentation template is free for everyone to use thanks to the following:

Slides Carnival

for the presentation template

Pexels, Pixabay

for the photos

