

IT'S A

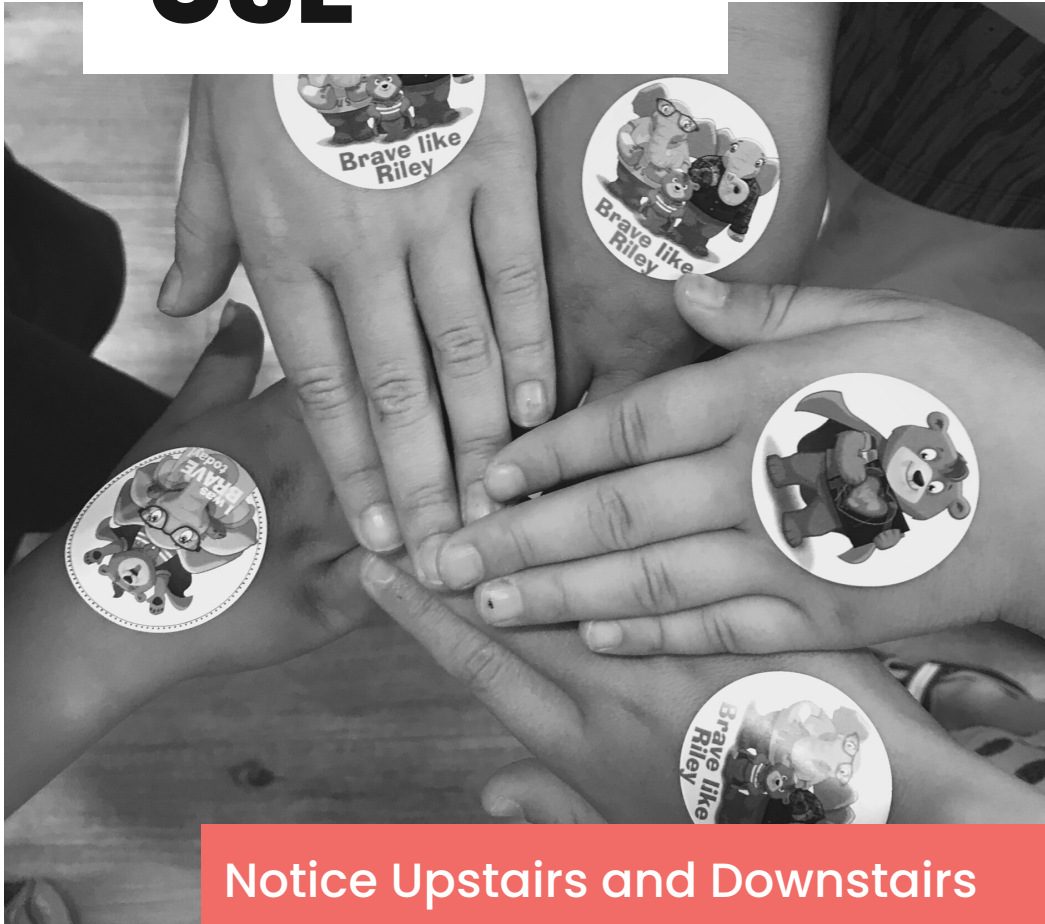
Brain
THING!



Fill up your trauma-sensitive toolbox
with more goodies like this in
Riley the Brave's Big Feelings Activity Book!



TIPS FOR USE



Notice Upstairs and Downstairs Brain Moments

- Print Upstairs Brain Moments with Riley the Brave, and hang it somewhere you will see it often!
- Think about the signs your body gives you when you have a downstairs brain moment. What sensations do you feel?
- See more ideas for use at bit.ly/JSbrn22



UPSTAIRS BRAIN MOMENTS

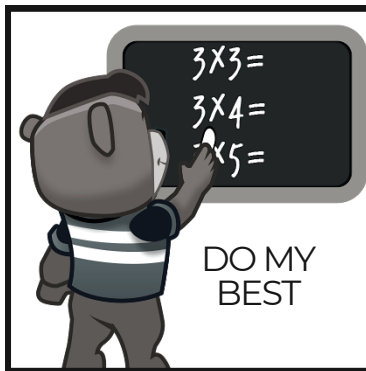
WITH

Riley the Brave

CALM BODY



FOCUSED MIND



HAPPY HEART




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DOWNSTAIRS BRAIN MOMENTS



I'm having a  **PORCUPINE** moment when I'm grumpy, prickly toward others, or stuck in my negative thoughts.




I'm having a **SQUIRREL** moment when I don't want to share, take other people's things, or want everything for myself. 




I'm having a **TIGER** moment when I hurt people or damage things, act big & scary, or use loud, mean words.



I'm having a **CHAMELEON** moment  when I try to blend in too much, copy others, or don't let people say nice things about me.



 I'm having a **TURTLE** moment when it's tough to talk, I hide away, or I have a hard time letting someone help me.



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