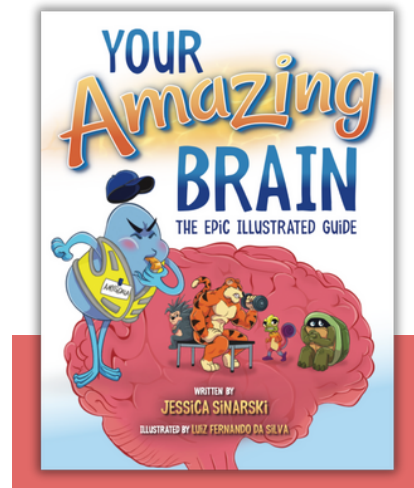


BE A

Brain

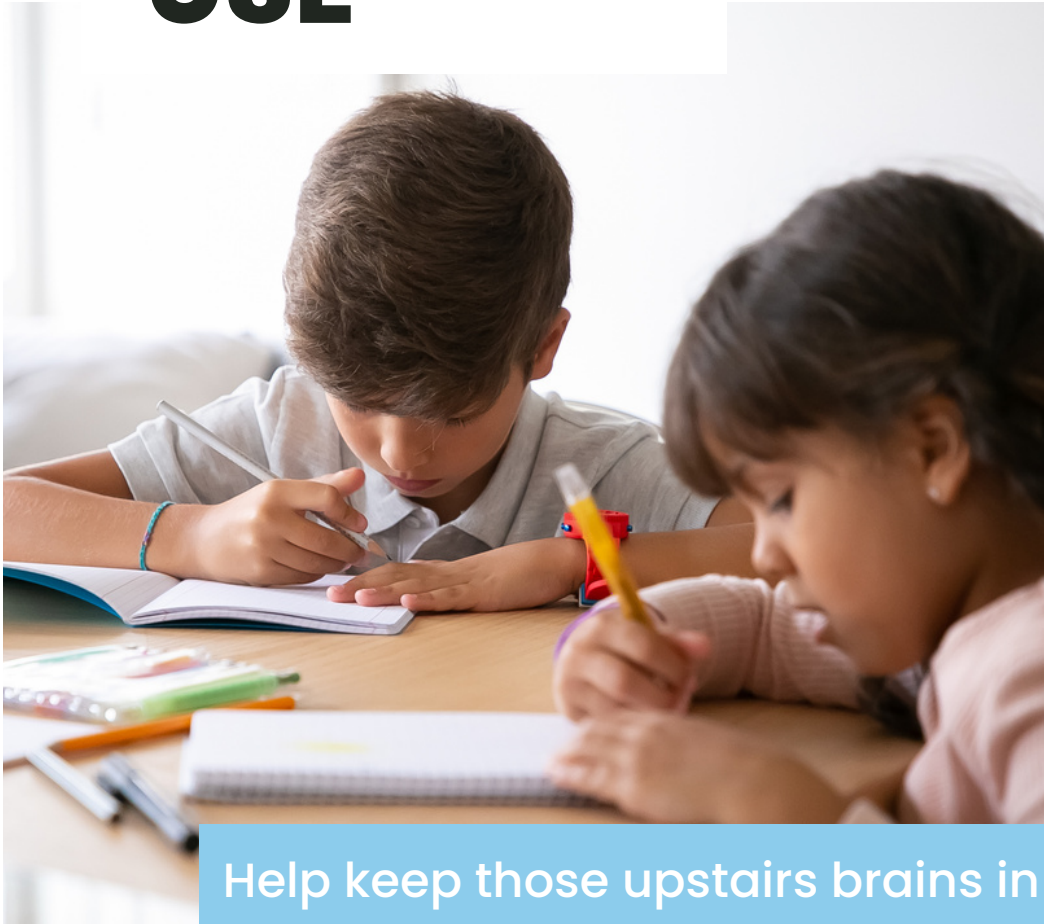
BUILDER



Get the inside scoop on why we do
what we do in *Your Amazing Brain:
The Epic Illustrated Guide*



TIPS FOR USE



Help keep those upstairs brains in charge with these activities!

- Brains work best when there is a strong staircase between our upstairs and downstairs brain.
- Practicing brain-building activities when we are calm helps us use them when tensions are high.

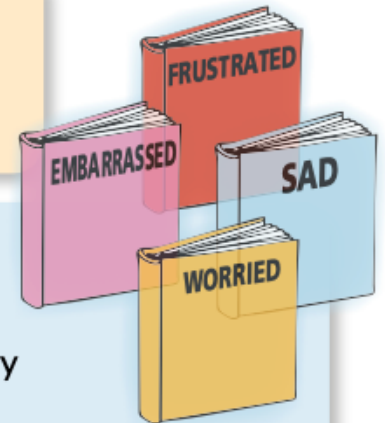


Find more activities like this in the
[Your Amazing Brain Digital Resource Pack](#) in our shop!
www.JessicaSinarski.com/shop

THE ABC'S YOUR UPSTAIRS BRAIN NEEDS

What to Do When My Brain Feels Cluttered

When feelings get big, the staircase of your mind can get cluttered. Use your ABC plan to clear the stairs!



A Quick Pause

Try out these different ways to take a quick pause. Notice which ones work for you.

- Deep breath in, long breath out
- Shake it off
- Listen to music
- Pull out my journal
- Get a drink of water
- Talk to someone I trust
- Take a quick break

Be Curious

Our experiences and big feelings can feel like heavy books weighing us down.

Circle any books that are in your backpack today: Anger, Grief, Sadness, Frustration, Feeling Left Out, Hurt, Stress, Loneliness, Shame, Scared at Home, Feeling Powerless, Feeling Different, Embarrassment, Hunger, Guilt, Fear, Confusion, Rejection, Failure, Injustice, Jealous, Worried, Not Fair, Scared at School.

What danger is your Amygdala sensing?

Try putting it in a sentence:

I feel _____

when _____.

Choose Wisely

Time to clear the stairs and let your Upstairs Brain run the show. Choose one of these Bright Thought Bookmarks to set your heavy books aside or make up your own!

- It's okay, Amygdala, I've got this.
- I am not my feelings.
- I can do hard things.
- I am strong and courageous.
- Mistakes are part of learning.
- I can ask for what I need.



I AM THE BOSS OF MY BRAIN



I will practice these brain-boosting habits to strengthen my **THINK BEFORE ACTING** powers:



These are my Amygdala-calming strategies:



When my Downstairs Brain Protectors take over, I need:



TERMS OF USE

PLEASE DO:

- Enjoy these resources for personal use.
- Use these resources in a single classroom or counseling.
- Share www.JessicaSinarski.com with anyone interested in obtaining these or related resources.



YOU MAY NOT:

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