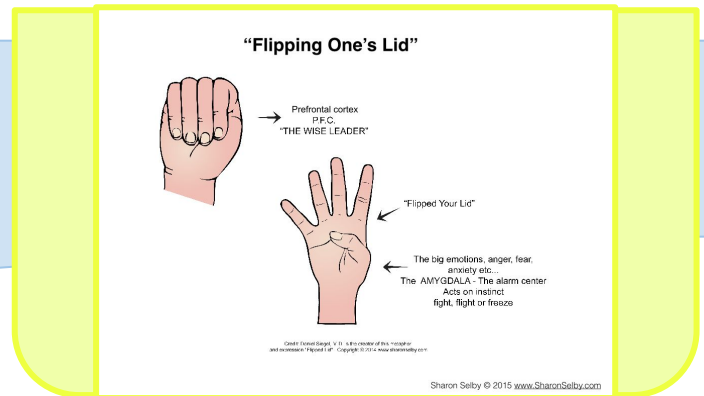


EICS CONNECTIONS PROJECT



Jody Carrington on 'The Lid Flip'

[Video](#)



Key Understandings:

- The hand model of the brain illustrates what happens when someone becomes emotionally dysregulated - the rational part of the brain disconnects and fight/flight/freeze takes over.
- Children learn to regulate emotion from caring adults who help them "put their lid back on" in times of distress (over... and over...and over again!)
- Repeated experiences help brain pathways become automatic. The more times you help the child regulate in your presence, the better equipped they will be to stay calm in your absence.
- Issues such as FASD, ADHD, and trauma history cause lid flipping most frequently.
- A "flipped lid" can't learn! The priority is to get the lid back on. COLLECT before you direct...teach when a child is regulated.

Questions for Discussion:

1. In Dr. Carrington's explanation of emotional regulation, what resonated most with you?
2. What is your knee-jerk reaction to a "flipped lid" in your students or your own children?
3. How good are you at identifying when your own lid is flipped?
4. Connect Dr. Carrington's message to your own practice/relationships - what might you shift or change?

Additional Resources:

Dan Siegel and Lid Flipping

https://www.youtube.com/watch?v=G0T_2NN0C68

[The Whole-Brain Child](#) by Dr. Daniel Siegel and Tina Payne Bryson

Flipping your Lid Social Story from [Sustainable Parenting](#)

Heart-Mind Well-Being: A powerful Tool for Educators from <https://goo.gl/ifoaeN>

Lesson Plans: [Teaching Kids about the Brain and Self Regulation](#) and [Create a Feelings Book](#)