

# Where is your brain?



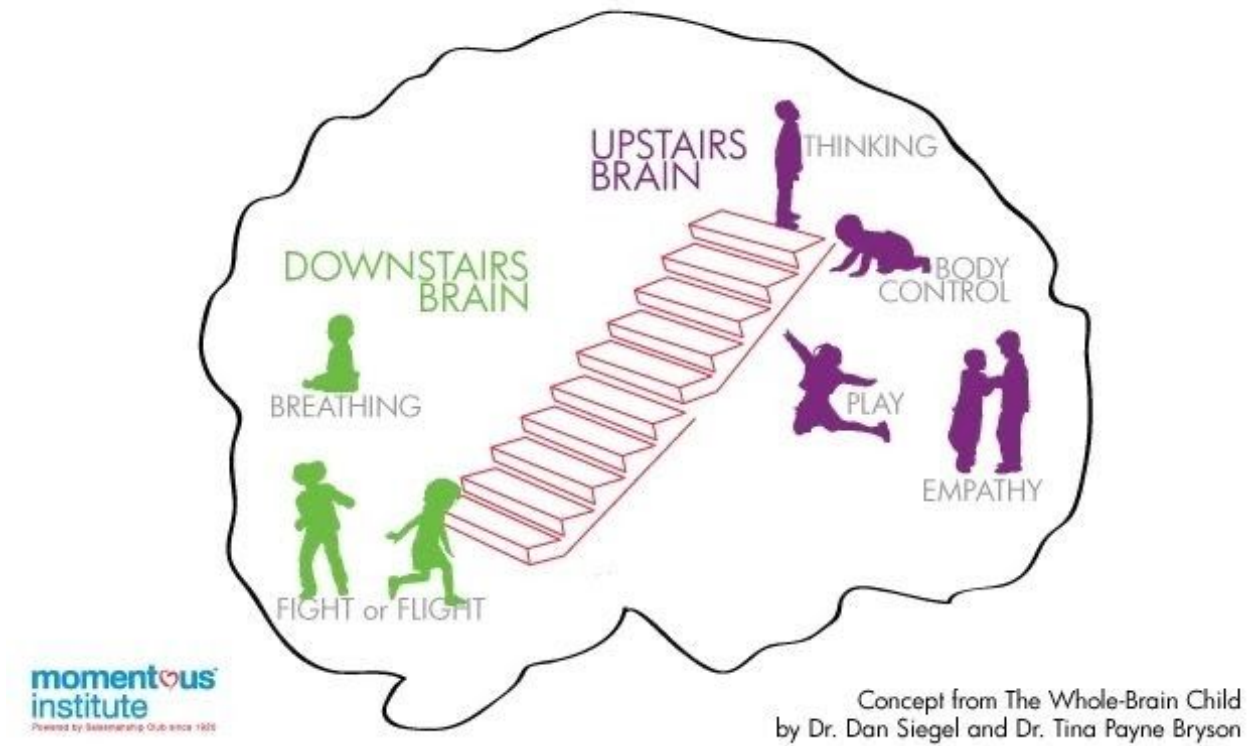
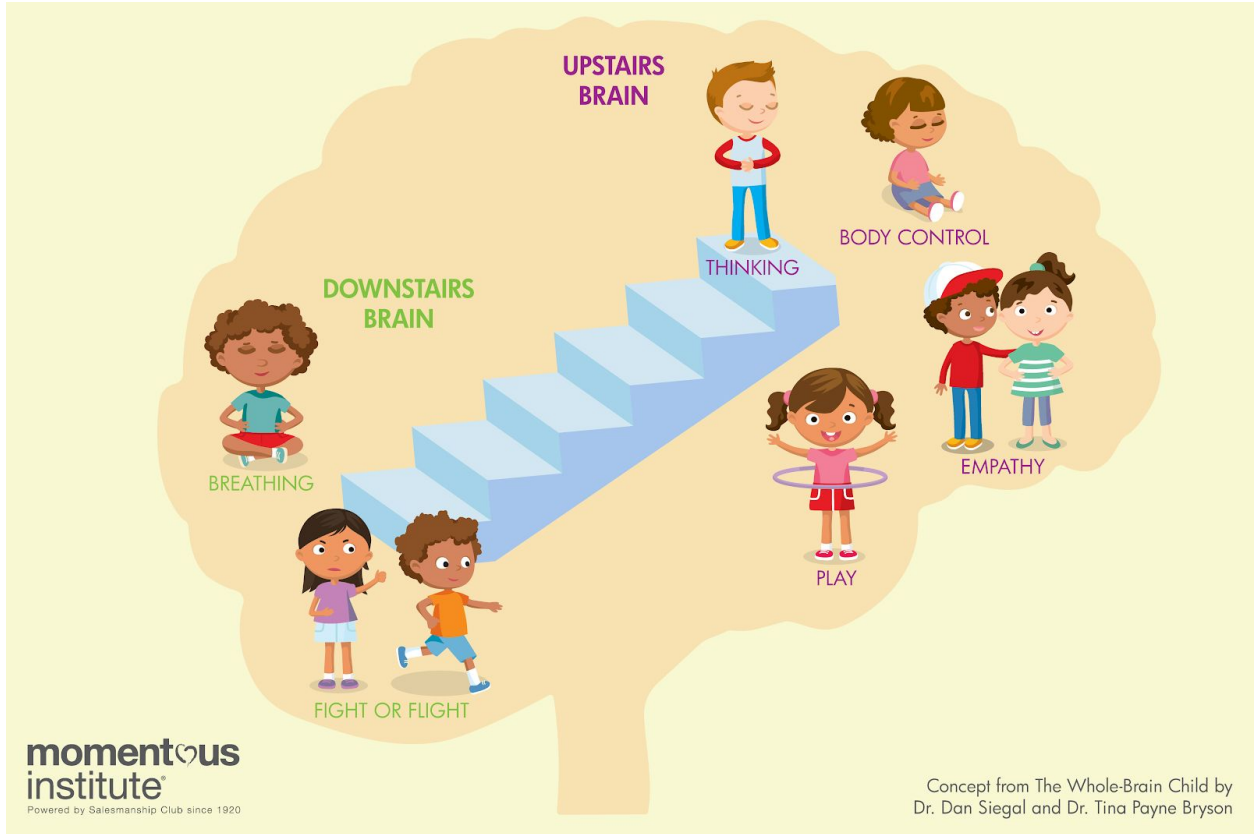
Thinking Brain  
Upstairs Brain  
Ready to Learn



Yellow Zone  
Caution area



Feeling Brain  
Downstairs Brain  
Flipping your lid



## Upstairs Brain

Allows us to think before we act  
Decision-making  
Control over emotions & body  
Focus/concentration  
Empathy  
Self awareness



## Downstairs Brain

Allows us to act before we think  
Fight/Flight response  
Emotional reactions  
Bodily functions

Source: Siegel & Bryson "The Whole Brain Child"

