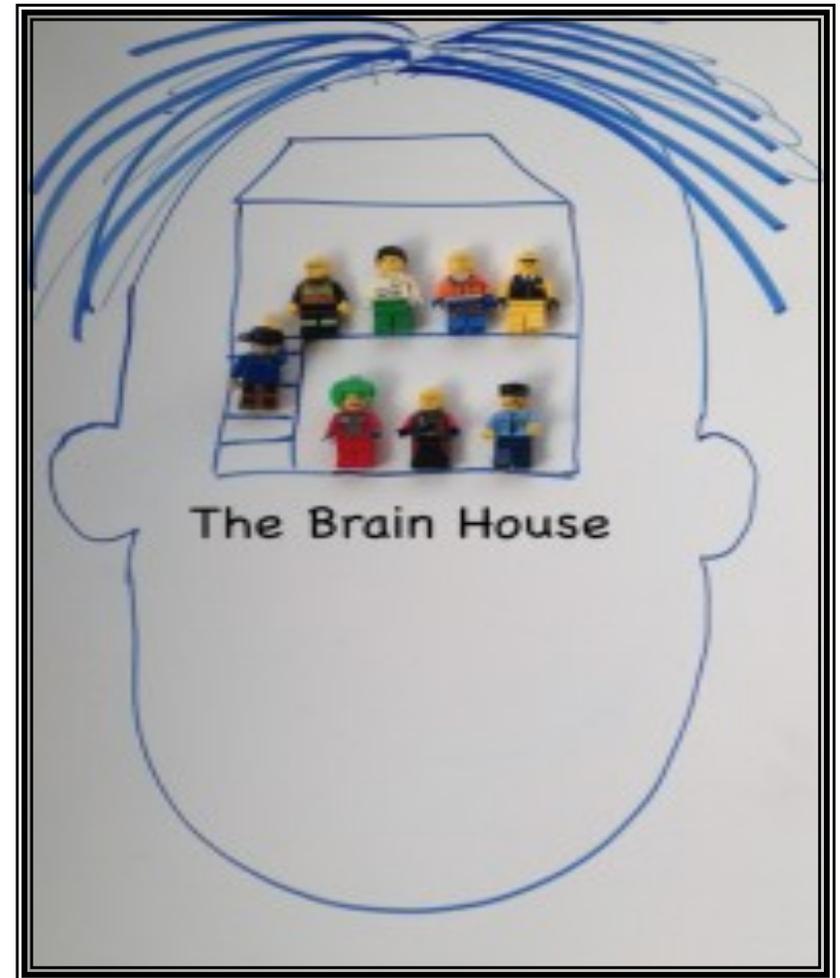


The Brain House has two levels. The prefrontal cortex is upstairs and the limbic system is downstairs. There are important workers on both levels.

- The **upstairs workers in the prefrontal cortex** are the *thinkers, problem solvers, and planners*. Upstairs you will find folks like Calming Carl, Problem Solving Pete, Creative Craig and Flexible Felix.
- The **downstairs workers in the limbic system** are the *feelers*. Their job is to keep us safe and make sure our needs are met. These folks look out for danger, sound the alarm and make sure we are ready to fight, run or hide when we are faced with a threat. Downstairs you will find folks like Alerting Allie, Frightened Fred, Learning Larry and Big Boss Bootsy.

The **upstairs and downstairs workers are a TEAM** and work well together...most of the time...



But Beware:
Sometimes your brain will Flip its Lid

Our brains work best when the upstairs and the downstairs workers work together as a team.

** The stairs that connect the upstairs and downstairs allow the workers to carry messages up and down to each other.

** This is what helps us make good choices, make friends and get along with other people, come up with exciting games to play, calm ourselves down and get ourselves out of sticky situations.

Watch Out:

** Sometimes, in the downstairs brain, Alerting Allie spots some danger, Frightened Fred panics and before we know it, Big Boss Bootsy has sounded the alarm telling your body to be prepared for **danger!**

** Big Boss Bootsy is a bossy fellow, and he orders the downstairs brain to take over! The downstairs brain “flips its lid” and the thinkers, problem-solvers and planners can’t use the stairs to send their thoughtful and calming messages - and this means poor *Learning Larry is too upset to think!*

