



**Let's do
something
cool,
together.**



Coping Skills

Where you can practice self-regulation and mental health awareness.

Flip The Lid

Flip the lid helps explain how our brains operate under stress in a girl-friendly way. It is also an excellent introduction around building coping skills.

Flip The Lid

Coping skills are tools that help us manage our thoughts and feelings.

When we are stressed or overwhelmed, our brain has a natural response that can cause us to make poor decisions. It is important for us to understand how our brain works when under stress, that way we can not only see the importance of having coping skills, but the importance of implementing our coping skills.

Materials Needed

No materials needed.

Imagine that your hand is your brain

1. First, raise your hand, as you are able. Now fold your thumb in towards your palm.

This represents the limbic part of your brain, or your "downstairs" brain. This is the emotional part of the brain! It is the part of the brain that controls your "fight or flight" instincts.

2. Now fold your fingers over your thumb to make a fist. Your fingers represent the cortex part of your brain, or your "upstairs" brain. This is the thinking part of the brain! This part of your brain helps you make decisions and problem solve.

Sometimes, when we get really stressed or anxious, we can actually "flip the lid"!

3. Unfold your top fingers to expose your thumb. That's what happens! Our thinking part of the brain is out of the picture and we are left with only the emotional part of the brain.

It is extremely difficult to make good decisions when you aren't using your upstairs, thinking brain. When we are controlled by our downstairs brain, we can accidentally say or do something we don't really mean.



Share On Social

Share in your own words what "flipping your lid" means to someone within your home, or with an adult's permission, share on your social media and tag Girls Empowerment Network. Then, encourage your friends to do the same! **#VirtualSpark**



Watch Our Flip The Lid Video on YouTube:
youtube.com/girlsempowermentnetwork

YouTube



The 6C's of Self-Efficacy

Click on each picture to view more activities like this one.



Confidence

Where every girl can have a safe place to practice self-compassion and self-love.



Coping Skills

Where you can practice self-regulation and mental health awareness.



Collaboration

Where a "girls support girls" environment with virtual team and group activities.



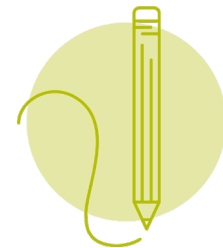
Communication

Where girls learn to communicate online and in-person and expand their networks.



Critical Thinking

Where girls form their own opinions and make decisions based on their personal values.



Creativity

Where girls use their imagination for art and STEM activities.

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GIRLS
Empowerment Network

Girls Empowerment Network knows girls are powerful, and it's our mission to help girls know it too. When girls experience Girls Empowerment Network's self-efficacy curriculum in schools, camps and conferences, they believe in their abilities and become powerful. Learn more at www.girlsempowermentnetwork.org.

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