



Upstairs and Downstairs Brain*

Draw a picture of your brain house.

Is it an apartment, a big house, a yurt, a dome, an igloo or a tent?

Draw the characters who live in your upstairs brain -these are the thinkers, problem-solvers, planners, emotion regulators, creatives, flexible and empathic types

Draw the characters who live in your Downstairs brain These are the feelers who keep us safe and make sure our needs are met.

*Siegel, D. J., & Bryson, P. H. D. T. P. (2012).
The whole-brain child. Random House

Draw the system your brain house has from getting from downstairs to upstairs