

# Social Emotional Learning at Home

DAY 3

Why do we lose  
**CONTROL**  
of our  
emotions?



Click here to play video

## Think:

Have you ever gotten so mad that you turned a small problem into a big problem?

Have you felt sad or embarrassed after having a big reaction to a small problem?

What does it mean to “flip your lid”?

How do our brains work to keep us safe?

What can you do if you’re about to “flip your lid”?

# Activity:

Write about a time you “flipped your lid.” What happened? What could you have done differently to stay calm?

