

Why Big Emotions Happen and What You Can Do in the Moment

Big feelings can be hard for growing minds to handle. The hand model of the brain, developed by Dr. Dan Siegel, helps kids (and adults) understand what's going on inside when emotions take over and how to come back to calm. At Camber, we use this tool to teach emotional regulation in a way that actually sticks.

What the Hand Teaches:

FINGERS =
thinking brain
(cortex)



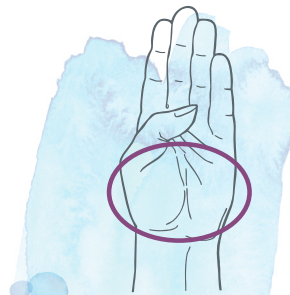
CORTEX:
Manages how we perceive the outside world, how we think and how we reason.

THUMB =
feeling brain
(limbic area)



LIMBIC SYSTEM:
Drives our motivations, determines the meaning and significance of things and works with the amygdala to regulate memory.

PALM =
survival brain
(brain stem)



BRAIN STEM:
Manages the reactive "fight, flight or freeze" response when we feel threatened.



When emotions run high, the fingers lift, **"flipping your lid,"** and the thinking brain goes offline.

This is totally normal for kids. Their brains are still wiring up. Your calm helps reconnect those circuits.



What You Can Do:

- ▶ **Stay steady.** Your calm regulates theirs.
- ▶ **Name what's happening** using the hand model and help them see it.
- ▶ **Offer breaks:** deep breaths, a quiet spot, drawing or movement.
- ▶ **Build good habits:** sleep, nutrition and routine all support emotional balance.



Camber[®]
Mental Health
KVC HEALTH SYSTEMS

Scan to Read the Full Blog ➔

Use the QR code to explore more ways to help your child build brain-based coping skills.



Our Network of Locations

KANSAS CITY

4300 Brenner Dr.
Kansas City, KS 66104

OLATHE*

21277 W. 153rd St.
Olathe, KS 66061

WICHITA

1507 W. 21st St. N.
Wichita, KS 67203

HAYS

3000 New Way Blvd.
Hays, KS 67601

WEBSTER GROVES**

400 North Rock Hill Road
Webster Groves, MO 63119

cambermentalhealth.org

*In partnership with Children's Mercy

**In partnership with St. Louis Children's