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'Flip Your Lid' Online Training



Miss Mackenzie

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To: Mrs McCormack; Adele Kerr; Miss Gibson; Mrs Ingram; Mrs Erskine; Mrs Burns; Mrs Smart; **+21 others**

Tue 13/05/2025 08:33

Cc: Headteacher Kirklandpark Primary; Mr Hepburn

Good morning,

I hope you are all well and are enjoying the sunshine!

During the Emotion Coaching training earlier this year, it mentioned the 'Flip Your Lid' programme to support pupils' self regulation strategies. There is online training on Teams on **Thursday 22nd May** (3:30pm). The session should only last about 30-45 minutes and aims to support the develop children's understanding of why they have big emotions, how this impacts on their behaviour and how to manage these emotions.

The programme teaches children about three parts of the brain that are involved and impacted when they experience intense emotions. Teaching children about these parts provides them with language to express what is happening and helps them to recognise that there is nothing bad or wrong with them.

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmZiNDM0OGEtMWeyYi00NzM0LWE3ZWmtZjBkMzM1MjUzYzA3%40thread.v2/0?context=%7b%22Tid%22%3a%22d38231f1-615c-4749-b323-dc7c7ad5eeba%22%2c%22Oid%22%3a%229a6f4bd3-a028-45b4-9f3e-52706259d4cd%22%7d

Best Wishes,
Fiona

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