

Dr. Becky Bailey Shows How To Demonstrate The Brain Hand

2 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=081UHCOBL_A](https://www.youtube.com/watch?v=081UHCOBL_A)

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SUMMARY

The video explains how to model the brain using your hand to help understand its different parts and functions, particularly in the context of conscious discipline. The palm represents the brain stem (survival state), the curled thumb represents the limbic system (emotional state), and the folded fingers represent the cortex, with a focus on the prefrontal cortex for regulation.

- The palm symbolizes the brain stem, associated with survival instincts (fight or flight).*
- The curled thumb represents the limbic system, which governs emotions and social behaviors.*
- The folded fingers illustrate the cortex, the thinking part of the brain.*
- The prefrontal cortex is highlighted as crucial for regulating emotional responses.*
- The model can be used to teach students and faculty about brain functions and emotional regulation.*
- The concept of "flipping your lid" is introduced to describe losing control when emotions override rational thinking.*
- The spinal cord is mentioned as part of the autonomic nervous system, linking physical responses to emotional states.*
- The hand model serves as a practical tool for understanding and discussing emotional regulation.*

so here's how to make a model of a brain using your hand so everyone put your hand up like this this right here the palm of your hand is going to represent the brain stem or in conscious discipline the survival State then inside here curl your thumb over just like this this represents the limbic system it's way deep inside of our brain this is the limbic system or what we call the emotional state then if you fold over

the top of your fingers this is the cortex all of the cortex this is the thinking part of the brain what we're concerned about in conscious disciplin is right up here and these two Knuckles right there and this right across these Knuckles right here this is the prefrontal cortex of the frontal lobe of the brain so you have the frontal lobe the opsal lobe you have different loes we talk about in conscious discipline the frontal loobe

and we specifically talk about this prefrontal lobe so if you take your other hand and guess go you'll see it if you look at these middle two Knuckles just right here this is the center part of the prefrontal lobe so if you lift your hand up slightly you can see that this part of your fingers touches the limbic system which also touches the brain stem and remember this is the regulatory part of the brain it's able to regulate the lyic

system and then help the lyic system regulate the brain stem as they say in real estate location location location

you can see how this is in perfect location to do that regulatory job so one of the things you can do is help children understand the brain by saying this is the brain stem the survival State the fight ORF flight the hit punch scream hide run away this is the limic system or the emotional state which is calling names uh

excluding others we don't like him racism all that and neediness and clinginess and this over here is what regulates it so you can do this with your students you can do this with your faculty because when you get your buttons pushed or your brain becomes trigger you flip your lid and out comes the nastiness that's on your CD ROM so this is a good little tool if you have a coworker to go and they can get you can

go which is a signal your limic system is showing put a lid on it so this down here would the spinal cord in the back of our back out of the spinal cord comes little nerves and those are part of the autonomic nervous system or those are the ones that regulate our clacker so this is the clacker brain stem and clacker limic system emotional state executive State prefrontal loes have fun with your brain hand and

regulating your brain