

You Tube Video Links on
'Flipping your Lid' - A Scientific Explanation by Dan Siegel

https://www.youtube.com/watch?v=G0T_2NNoC68

Please note this video clip starts part way through Dan's presentation.

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Dan Siegel presenting more in depth information about the brain and 'flipping your lid'

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

For children about flipping your lid.