

## Stress Awareness and Children

Children are very influenced by the stress levels of the adults around them. When we become totally stressed the emotions we experience are intense. As a result, we can easily lose connection with the rational thinking part of our brain.

As part of the **AMBER** Programme, children are taught the term, to, 'flip your lid'. This simple hand signal helps to illustrate that idea to the children.



If we 'flip our lids', then so will the child; as they depend on us for their emotional security.

If we become consciously aware of our own levels of stress, we can halt the 'lid flipping' and lessen the emotional impact on the children.