

Flip Your Lid

Narwhals & Waterfalls

G D G

Have you heard of the amazing brain?
It does so much for us every day
Our brains control how we think and feel
So wave your hands in the air and let's get real

D G

Now wiggle your thumb around
Where the amygdala is found

D

It's where our feelings speak real loud

Em A D

If it takes over then it's hard to calm down

G

Now if you cover your thumb with your fingers now

D

They make the prefrontal cortex which helps us out

G

With concentration, self-control, and problem solvin'

D

So we can pause, respond, keep on, being awesome

G D G D G

Be careful not to flip your lid, but if you already did

D G D G

You can breathe in deep, find some calm and peace

A D

Then choose the best way to work it all out

