



*Attachment and Trauma
Treatment Centre For
Healing (ATTC H)*

BIG BRAIN

VERSUS

LITTLE BRAIN

WHAT IS THE DIFFERENCE?

BIG Brain



This is the part of our
brain that helps us
think!

Our **BIG** Brain helps
us make good
decisions.

Our **BIG** Brain helps
us regulate our
emotions.

Little Brain



This is the part of the
brain that helps us
feel!

Our little Brain helps
tell us when we are in
danger.

Our little Brain helps
keep us safe.