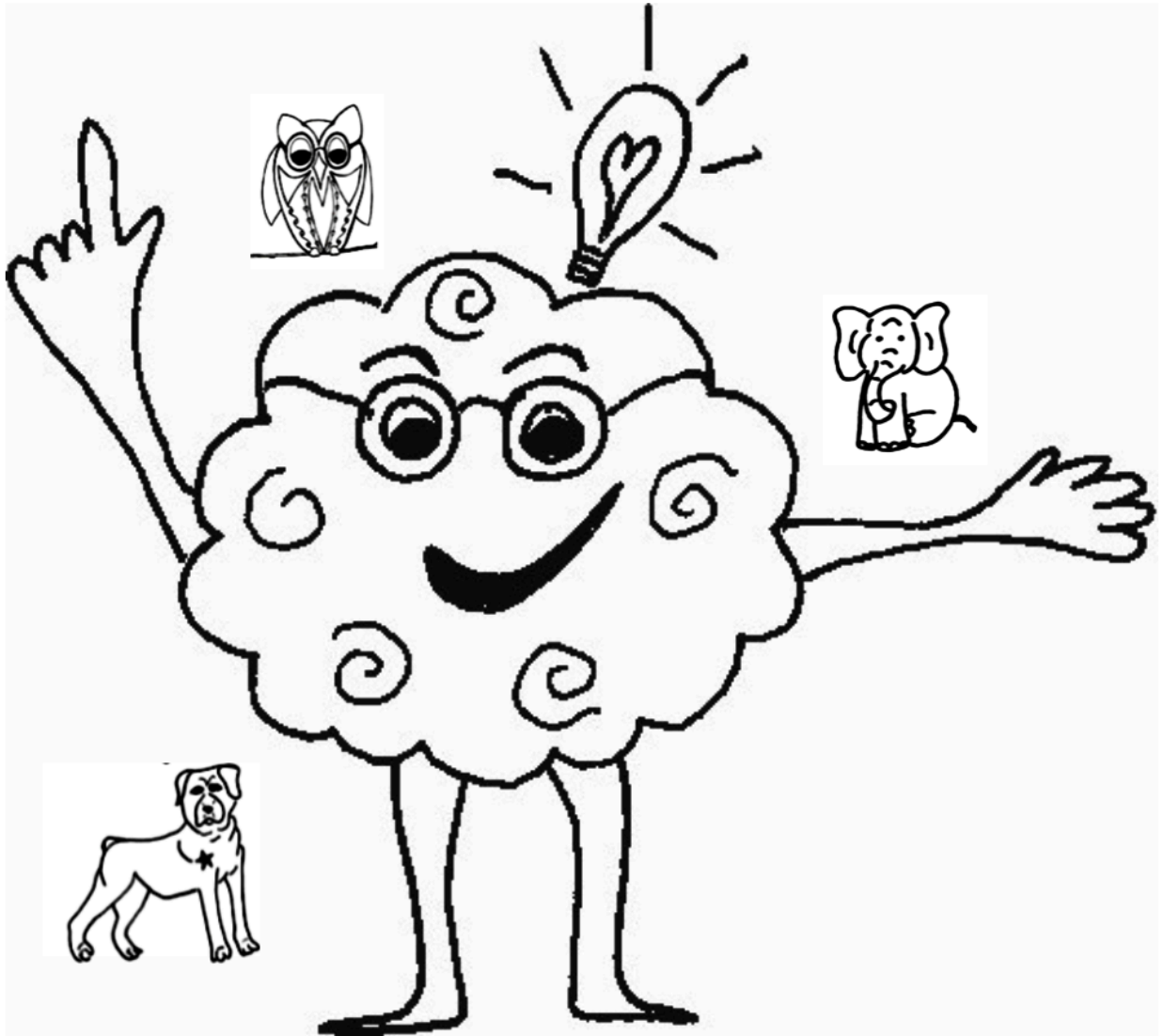


# Meet the FocusedKids Brain Buddies



A FocusedKids Book



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illustrations: Theresa Jones  
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Thanks to the FocusedKids Team!

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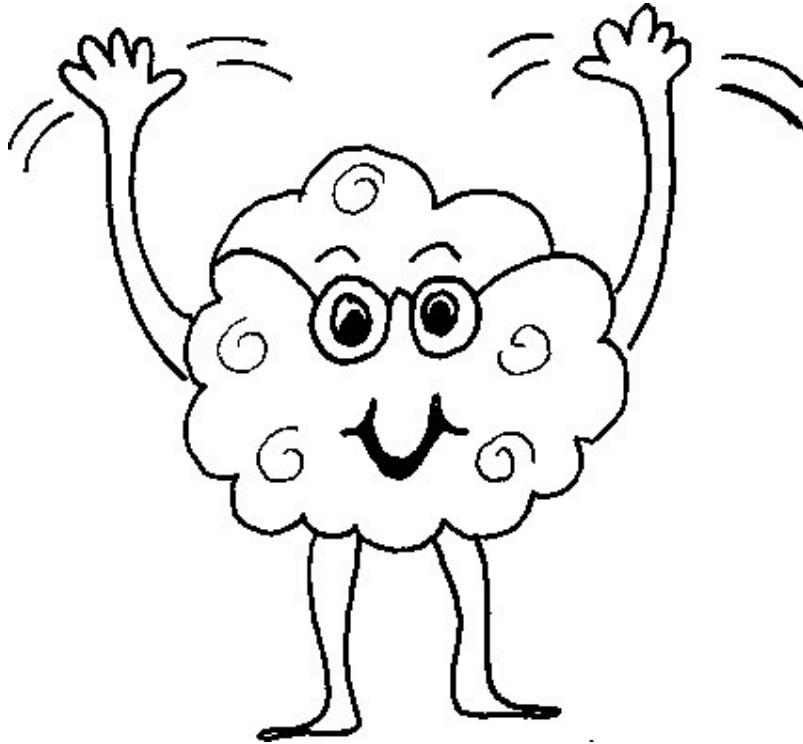
...and the buddies!

For children everywhere...

because we all know how hard they try  
to learn everything they need to know.

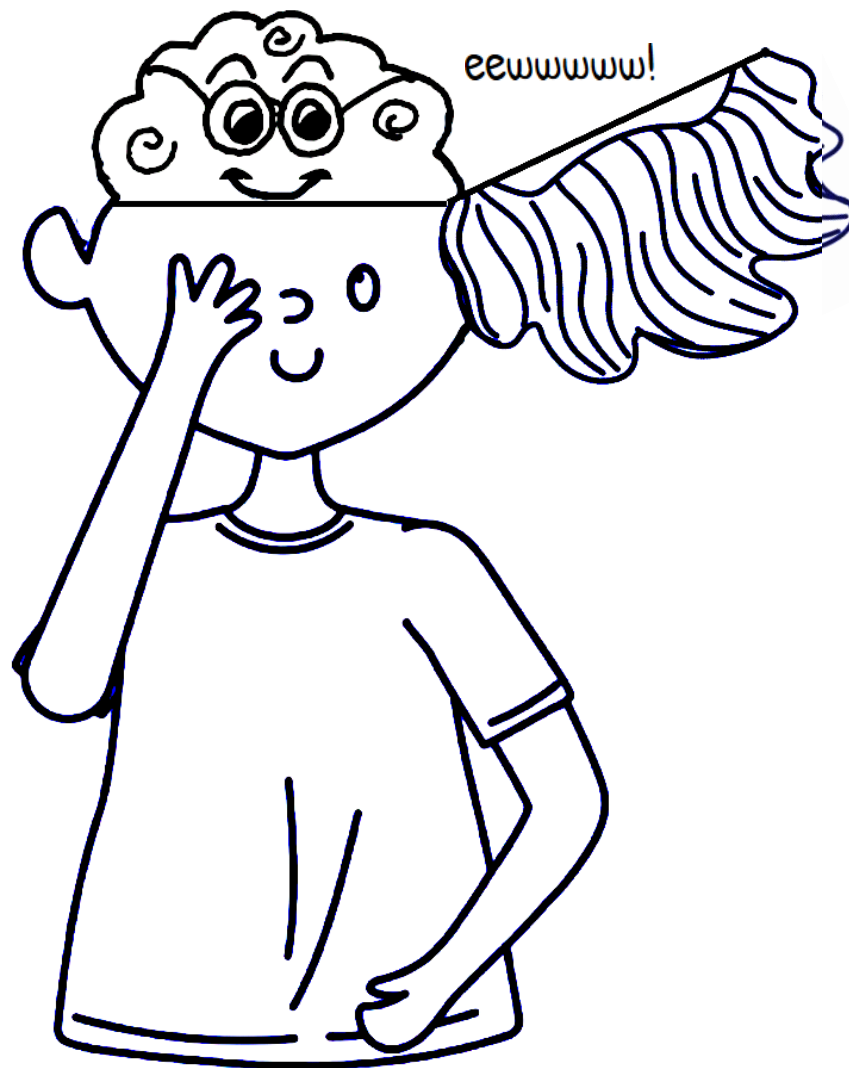


Hi kids!



You know you have a brain, right?

Do you know where your brain is?



That's right!

Feel where your brain is in your head.



Everyone has a brain.

It is protected by a hard shell called the skull.  
If you knock on your head you can feel that skull.



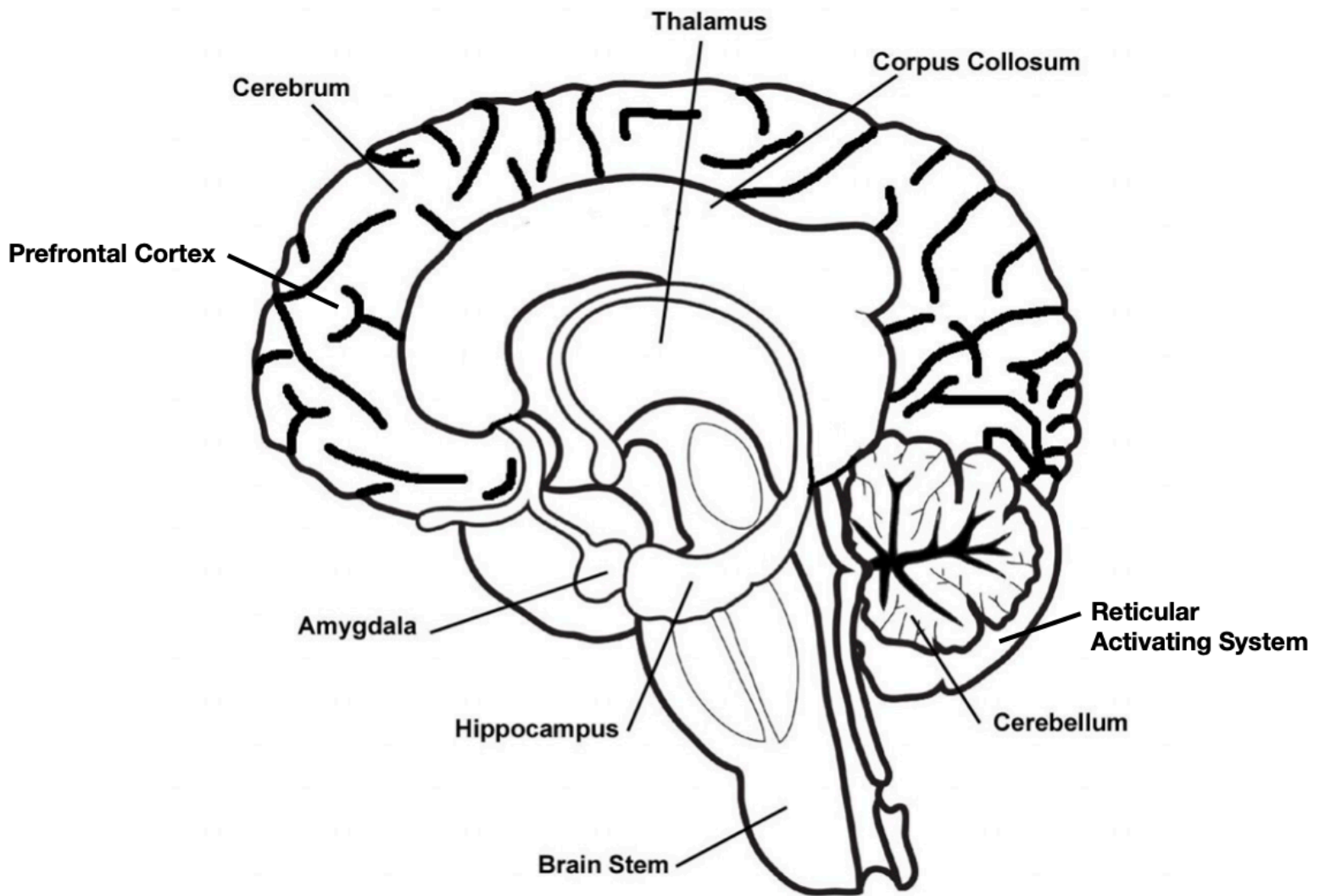
Some people call it the "brain helmet"  
because it keeps the brain safe from injury.  
Just like a bike helmet!



Your brain begins to grow  
while you are in your  
mom's tummy.



Your brain has lots of parts  
with fancy names...

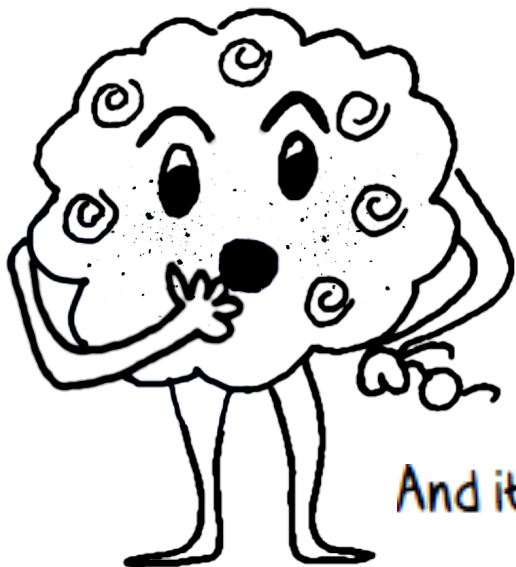


...and each one has a job to do.

Like...

learning                      walking  
tasting  
helping                      safety  
feeling                      listening  
talking                      touching  
relationships              sleeping  
solving problems              remembering  
eating

(It even tells your body when to burp, sneeze, itch, pee, and poop!)

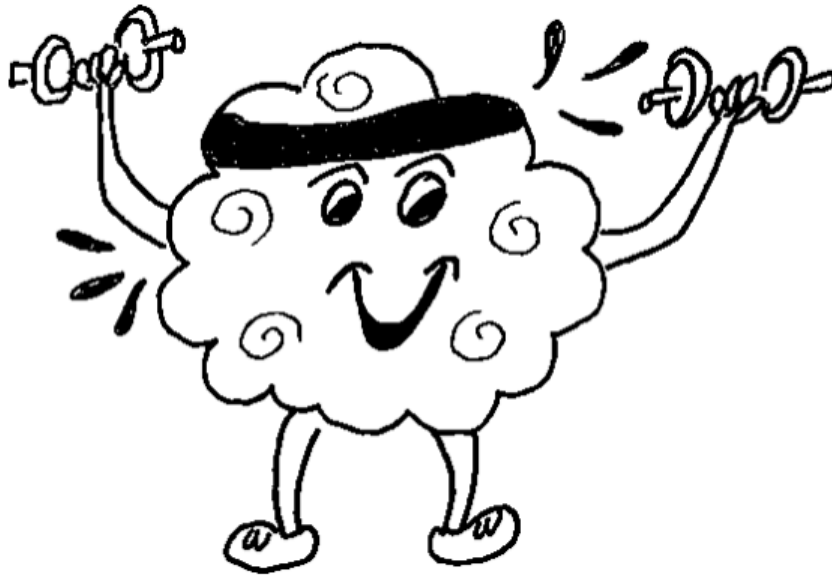


(Not supposed to use those words!)

And it grows and changes for all of your life.

All these parts have to grow up before they get good at their job. In fact, the biggest job a kid has is to grow their brain!

How do you do that???

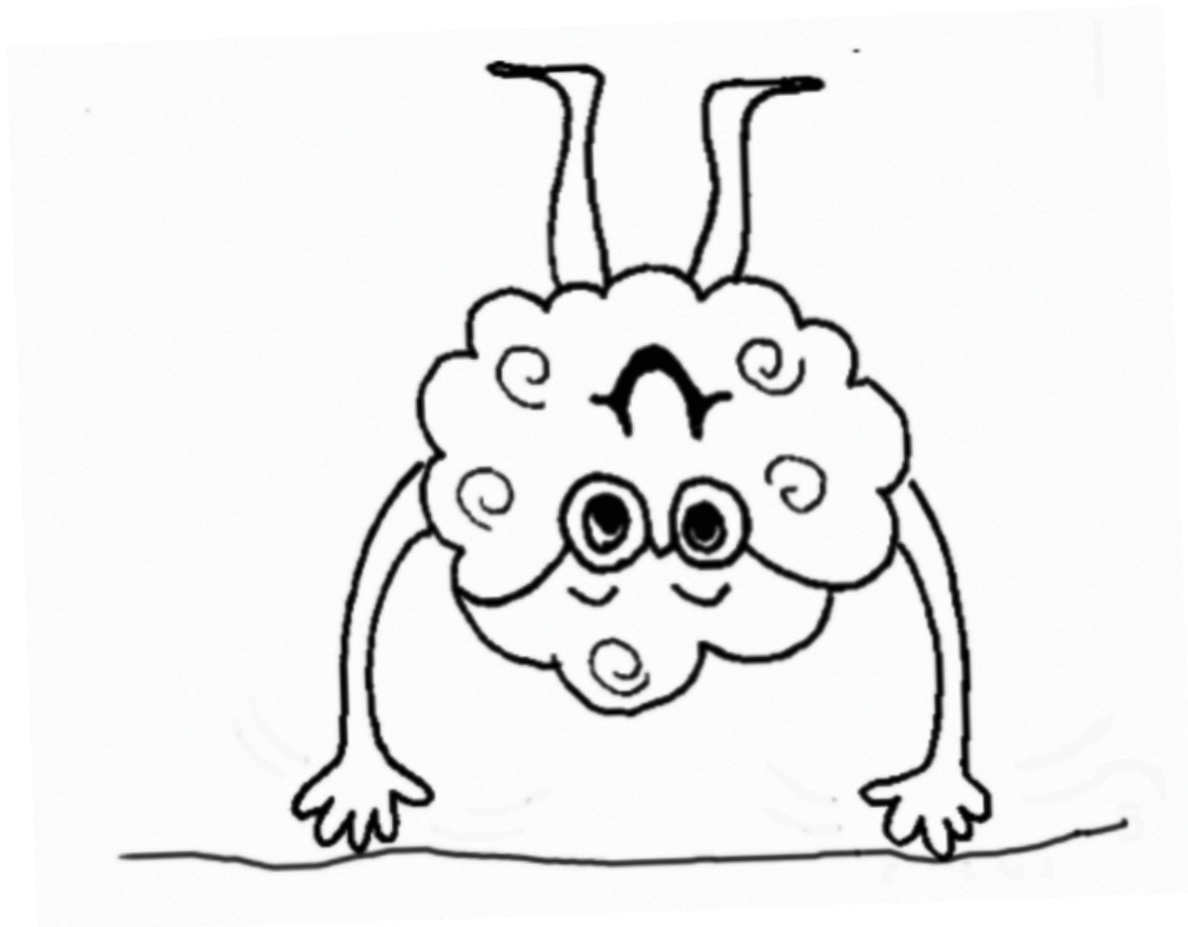


Everything you do makes your brain grow...  
building with blocks, learning to walk or ride a bike,  
tasting new foods, playing with friends, loving your pet,  
learning your colors or to read and write, solving a  
math problem, smelling a flower, coloring your favorite  
picture...

**EVERYTHING** you do makes your brain grow!

Because this book is for kids,  
and we want to make it fun to learn about the brain,  
we only teach you about three really  
important parts.

We call them the "Brain Buddies"  
because they have to work together in your brain.



Ready to meet them?



Hippocampus  
(Ms. Elefante)

Prefrontal  
Cortex  
(Wise Owl)

Amygdala  
(Guard Dog)

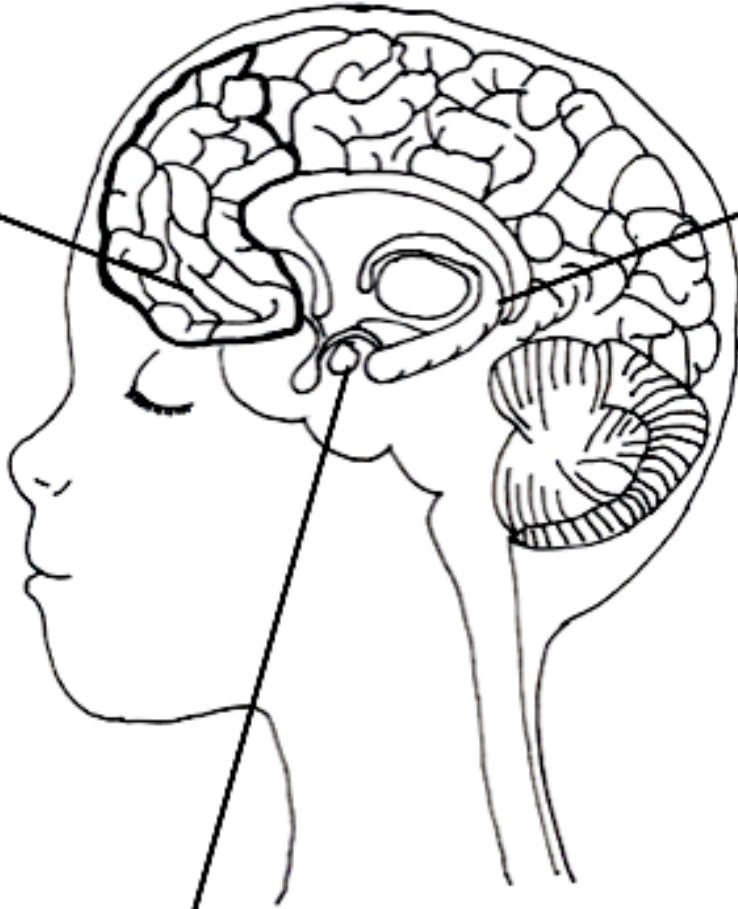
Can you find us on the brain chart?

# Meet your brain.

I solve problems.



I remember everything.



I keep you safe.

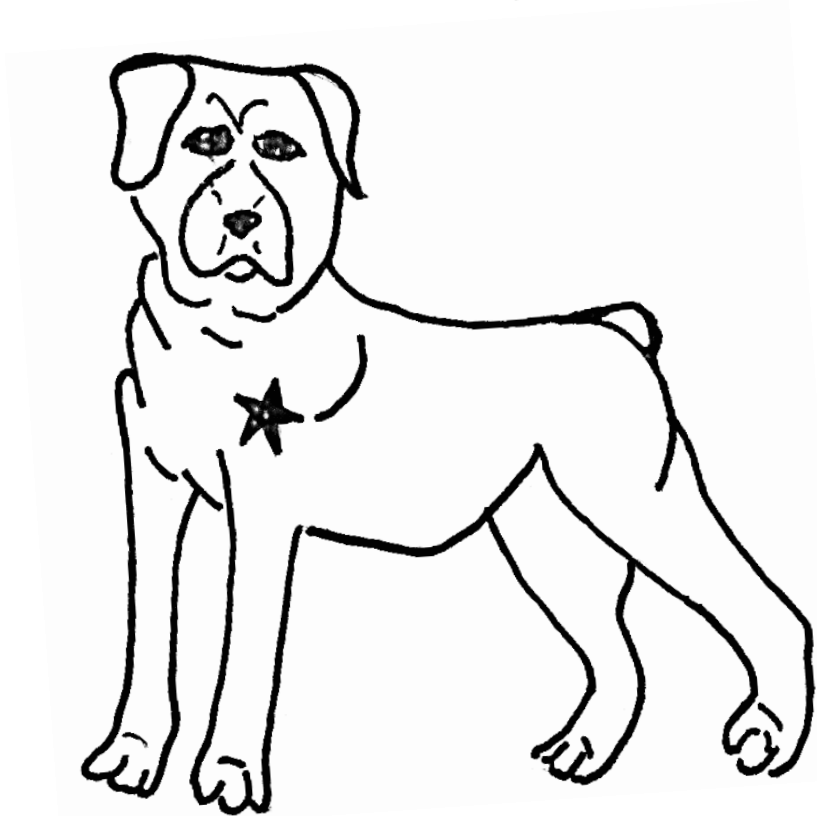


I am Guard Dog.

My brain name is a fun word. It is

AMYGDALA.

That's amyg-da-la.

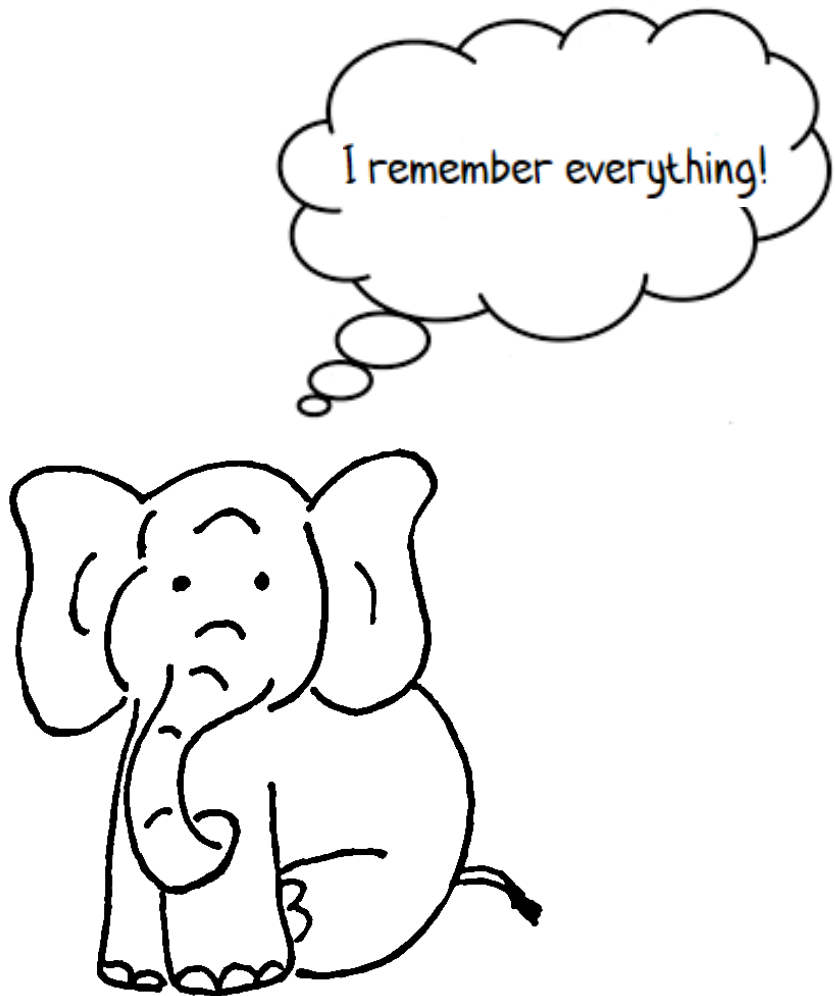


Kids call me the Guard  
Dog  
because my job  
is to go on alert when you



Hi! I am Ms. Elefante.

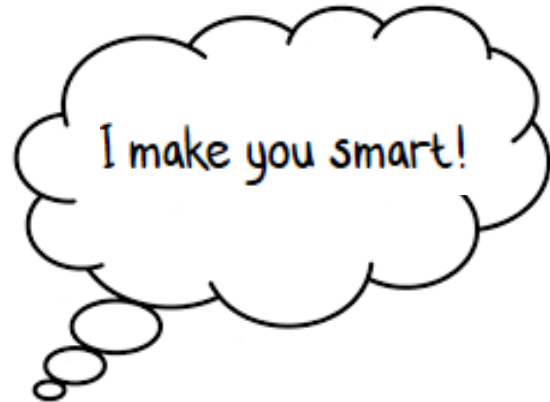
My brain name is a long word. It is  
HIPPOCAMPUS.  
That's hipp-o-campus



Whatever happens to you,  
whatever you learn, I  
remember it. That way you  
don't forget.

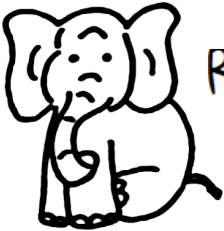
## I am Wise Owl.

My brain name is a super long  
word. It is  
PREFRONTAL CORTEX,  
or PFC for short.  
That's pre-frontal cortex  
P-F-C



Kids call me the Wise Owl  
because my job  
is to solve problems, learn,  
and make you smart.

We can't do our jobs,  
until Guard Dog calms down.



Remember what to do!



Solve the problem!

I go on alert when  
when you are having  
a serious melt-down!

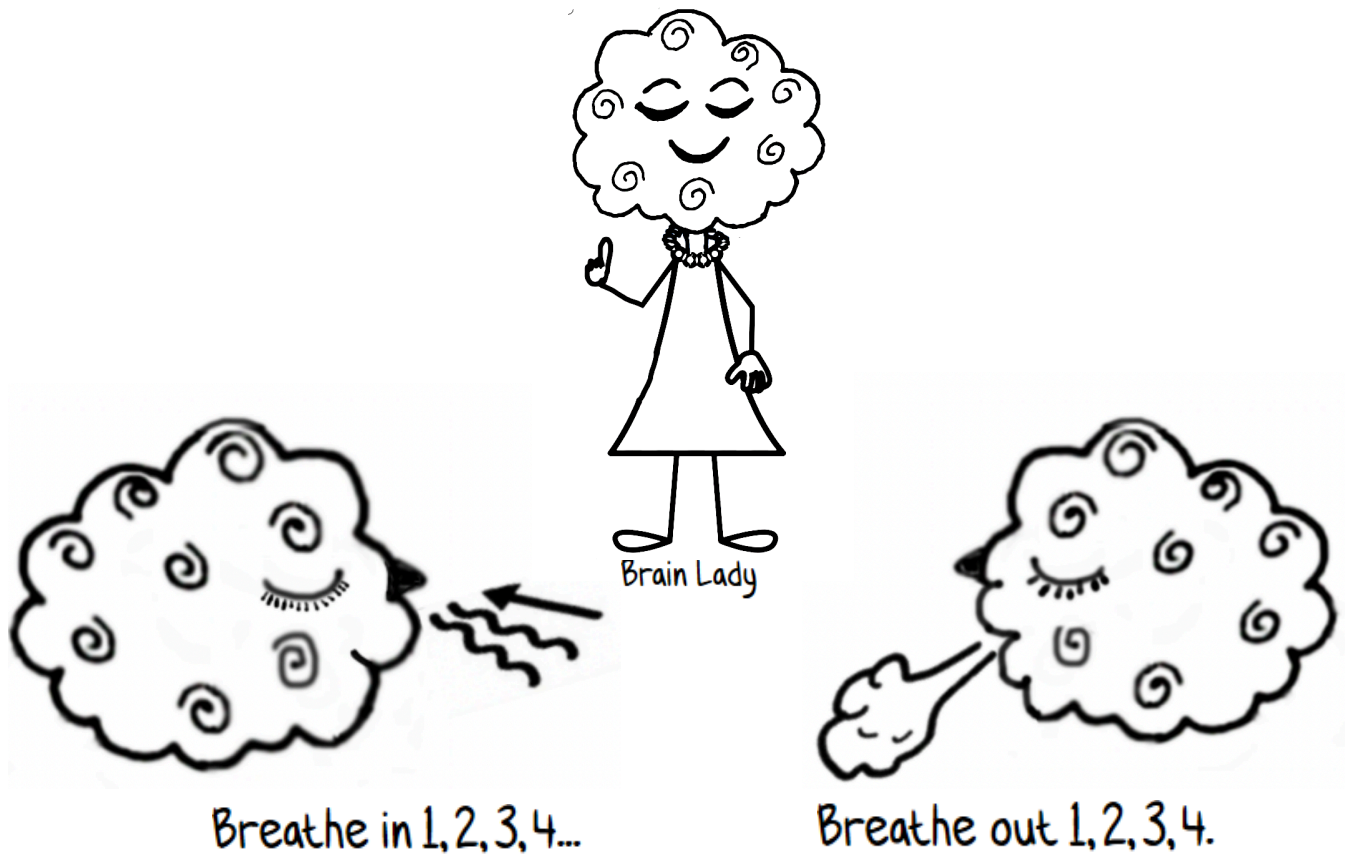


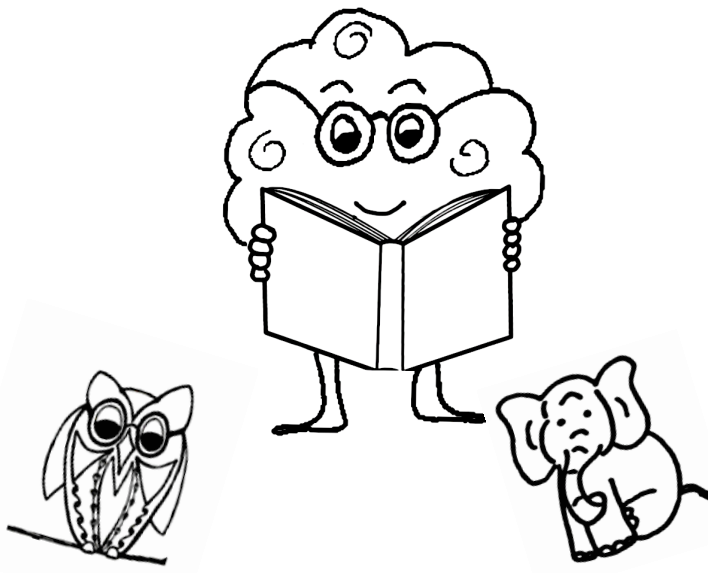


"Me on alert!"

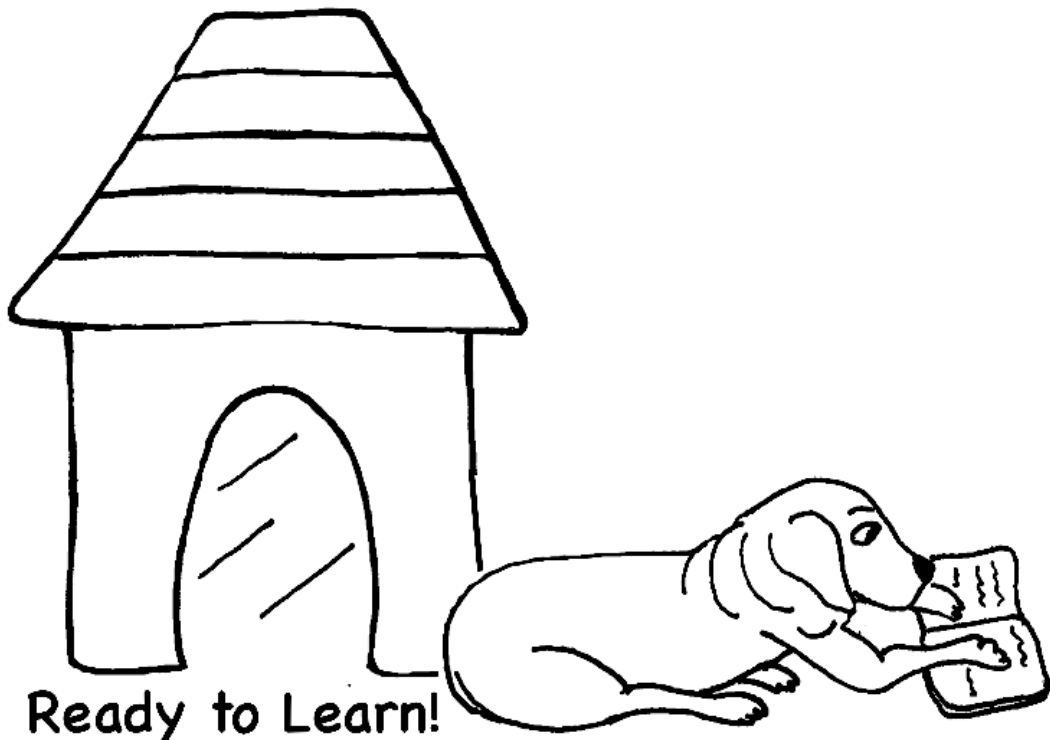
Kids need a lot of help  
from adults  
when their Guard Dog goes on alert,  
because their brains  
are not grown up yet.

Like reminding them to breathe  
to calm Guard Dog down.





Once you calm your Guard Dog,  
the other parts are ready to do their job!



Ready to Learn!

The End

## Brain Song: (to Dingo)



1. I have a brain in my head, and it is for thinking.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N  
My brain is for thinking!

2. In my brain are many parts, and they each have a job.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N  
My brain is for working!

3. Amygdala keeps me safe, and watches out for me.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N  
My brain keeps me alive!

4. Hippocampus holds memories, and remembers everything.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N  
My brain keeps my memories!

5. PFC makes me real smart, and helps me solve problems.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N  
My brain is really smart!

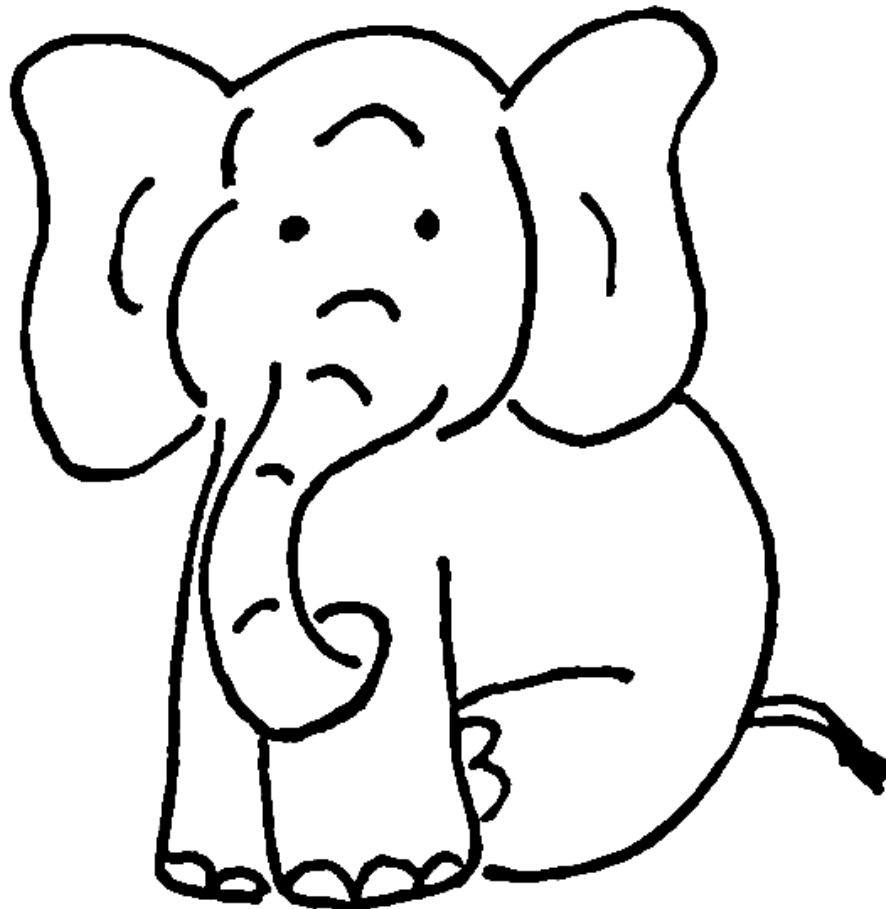
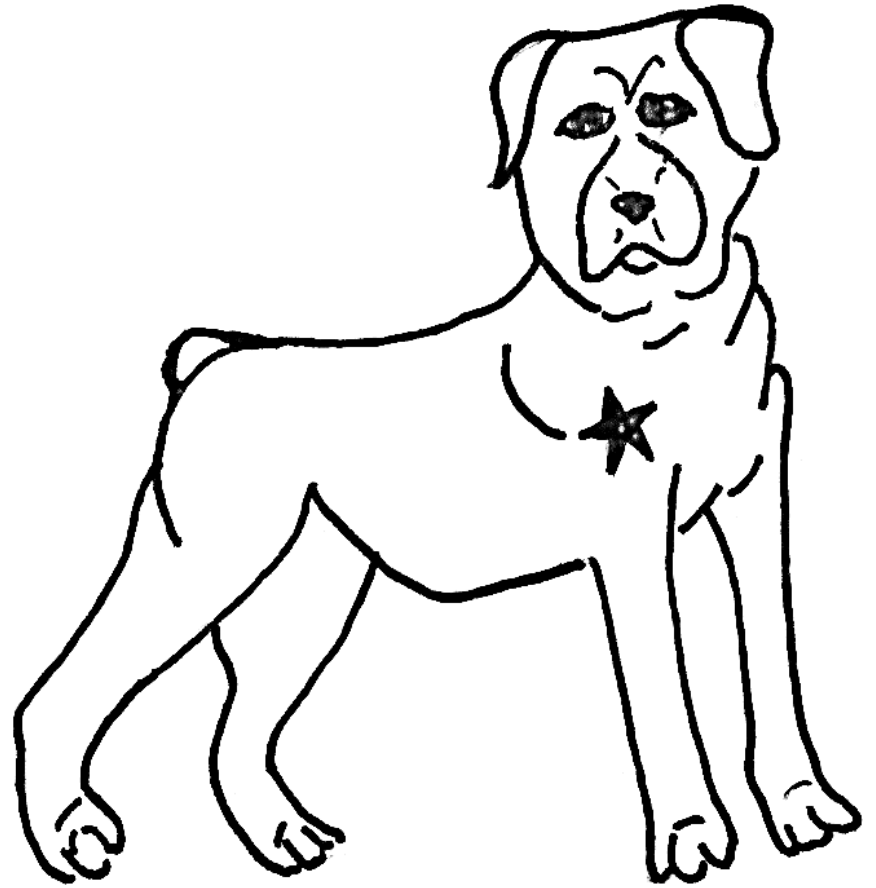
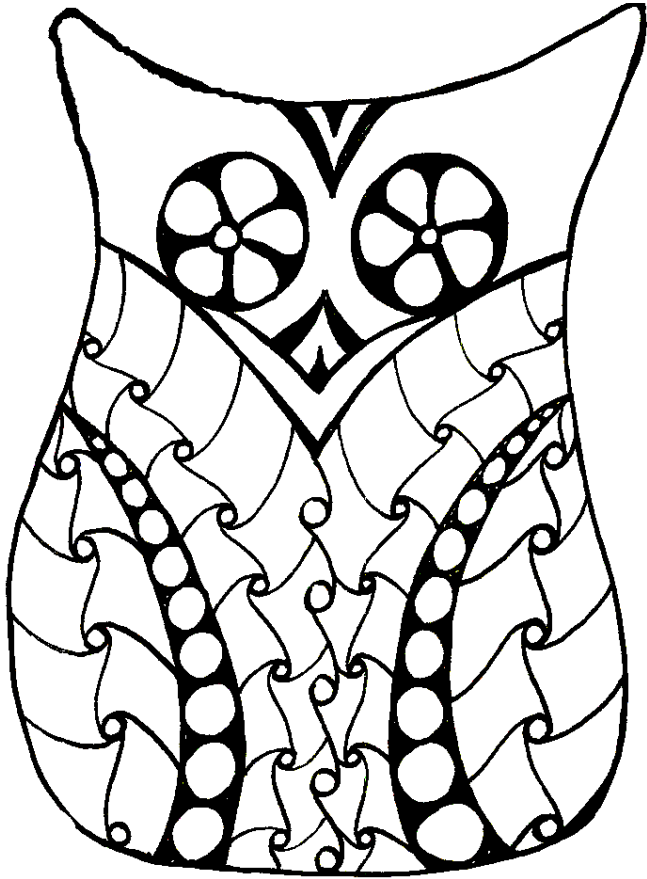
6. I have a brain in my head, and it is for thinking.

B-R-A-I-N, B-R-A-I-N, B-R-A-I-N



# The Brain Puppets

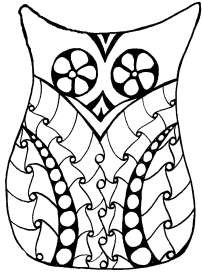
(Color, cut out, and glue to popsicle stick!)



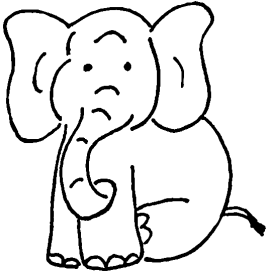
# Brain Buddies Work Together



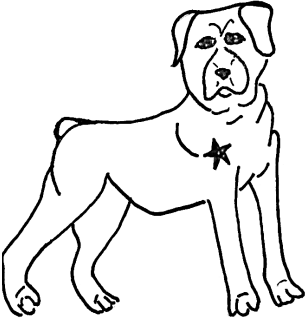
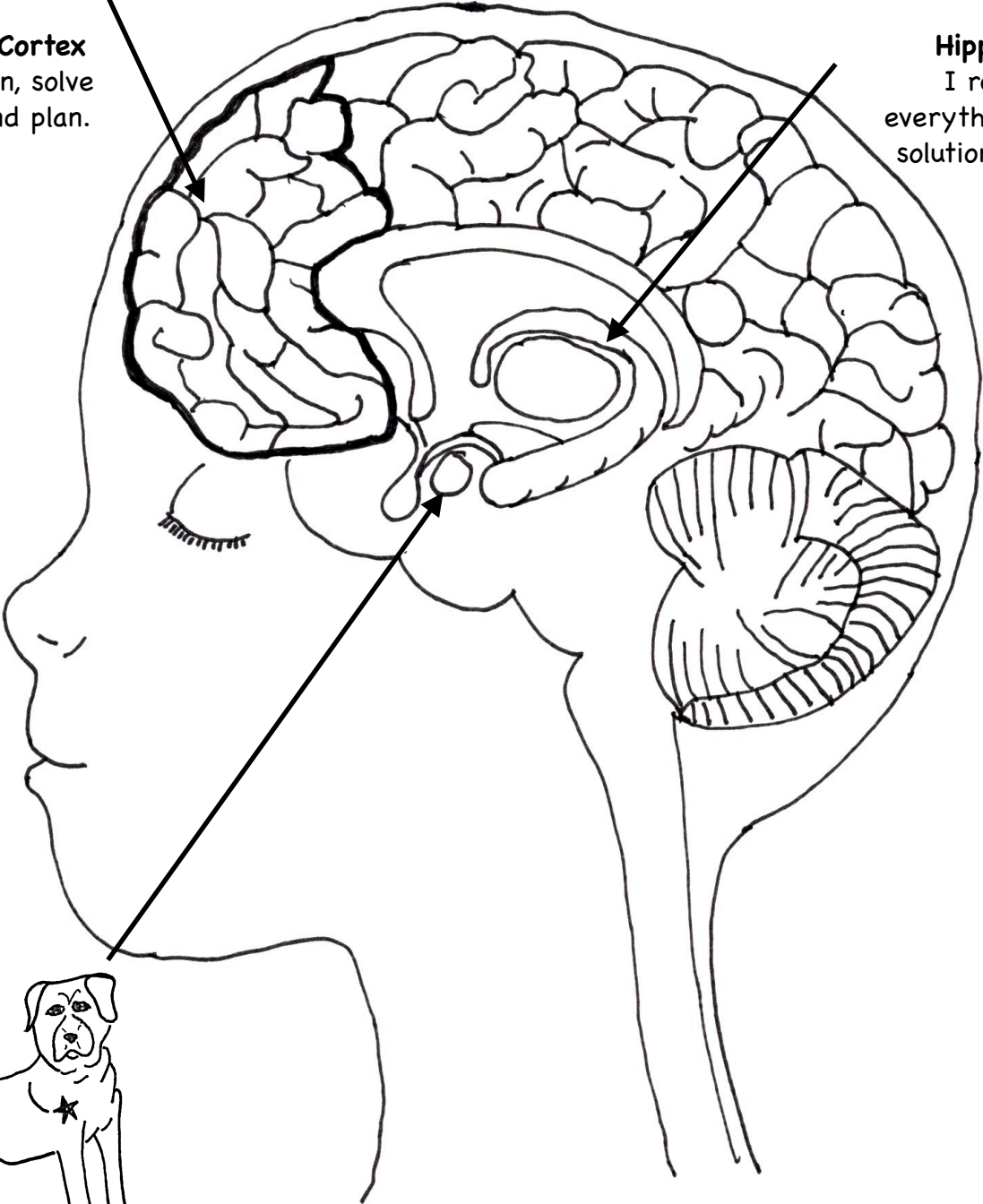
# Color My Brain



**Prefrontal Cortex**  
I think, learn, solve problems, and plan.



**Hippocampus**  
I remember everything...including solutions and plans!



**Amygdala**  
I keep you safe, and can be a bit goofy!

THE BRAIN IN MELT-DOWN MODE

3 Stages of the Stress Response  
(Melt-Down!)  
Amygdala Driven



The Amygdala compels you to:

1. Solve the problem causing the threat or discomfort.
2. Escape from the threat or discomfort.
3. Cope with the threat or discomfort.
4. Defend yourself best you can.
5. SURVIVE!

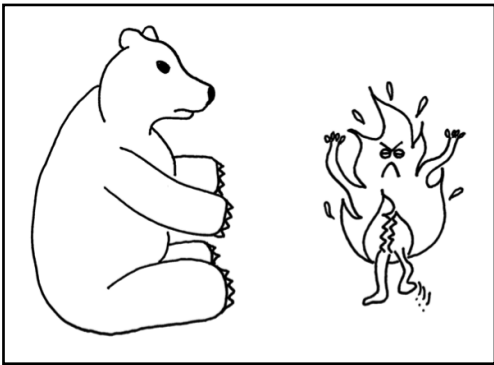


Adapted from TranZed Institute

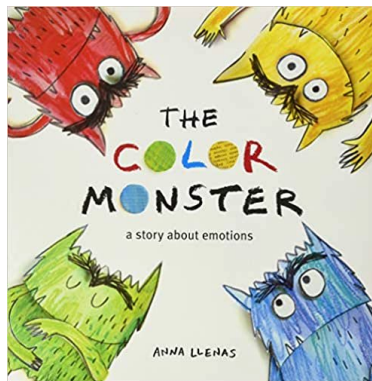
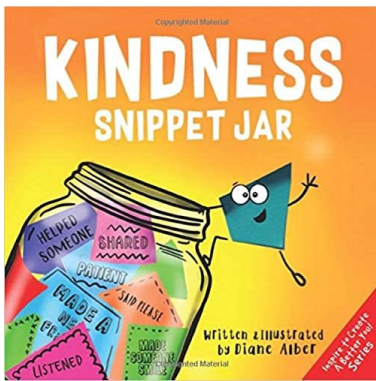
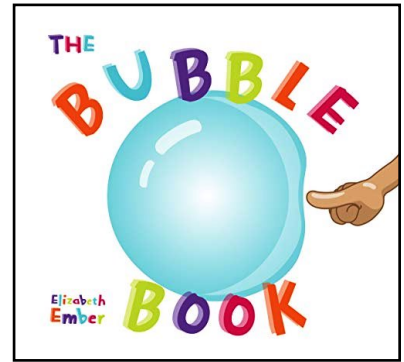
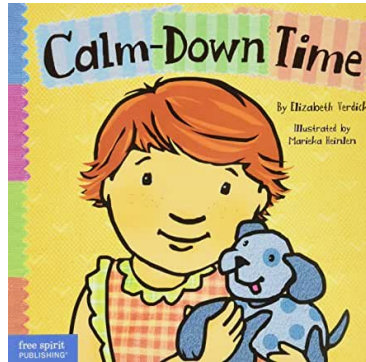
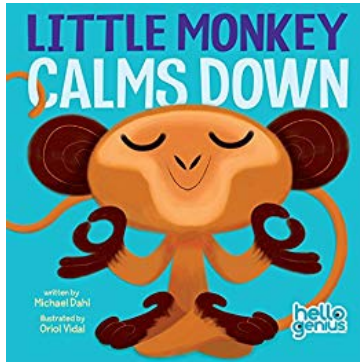


# Co-regulation

Mama Bear helps Little Bear Calm Down  
by staying calm herself.



## Readers' Resources



## Baby's Brain Grows

Video from the Harvard Center of the Developing Child



Parenting for the Brain