

Key Players in the Brain

Prefrontal Cortex (PFC)

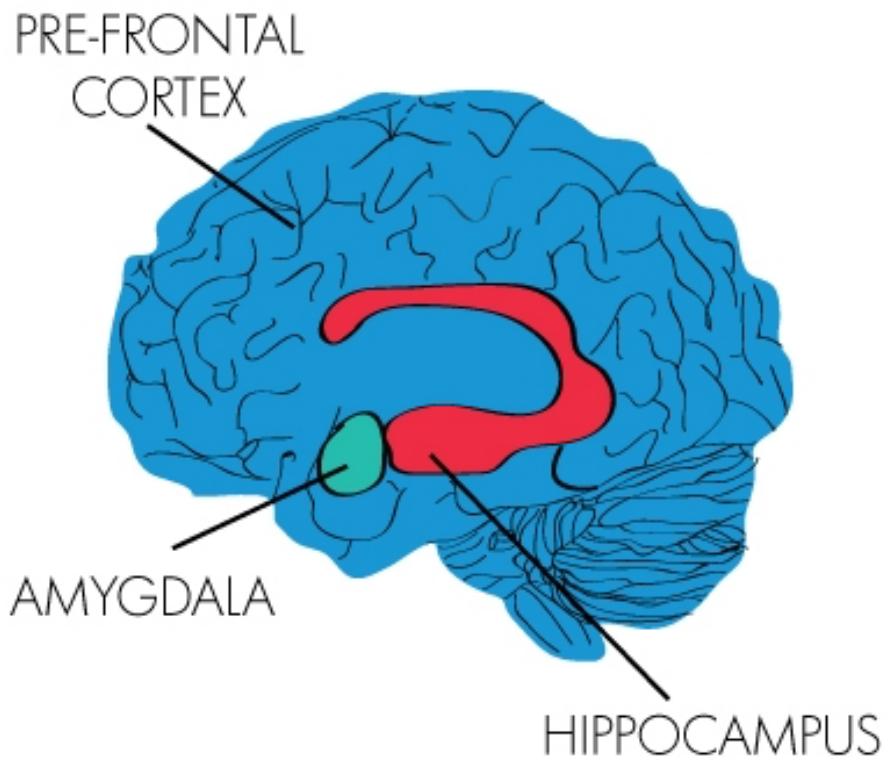
(Wise Leader)

*Thinking, planning, problem solving,
learning new things.*

Helps you wait before acting.

Helps you understand your feelings.

Executive functions.



Amygdala

(Guard Dog)

Reacts to threat (fight, flight, freeze).

Helps keep us safe.

*It's also in charge of curiosity, so can get
us into trouble, too!*

Hippocampus

(Memory)

Processes and stores memories.

*Learning, experiences, and emotional
responses are stored here.*

Thanks to Momentous Institute for the brain image!

Laminate this and the next page together to use in the lesson. Post above the Calm Down Basket.