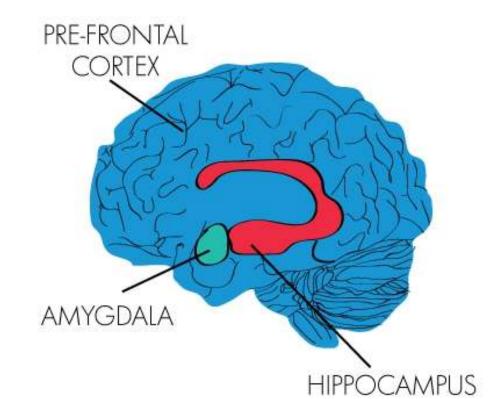
Key Players in the Brain

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!

Thanks to Momentous Institute for the brain image!

Hippocampus

(Memory) *Processes and stores memories. Learning, experiences, and emotional responses are stored here.*

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