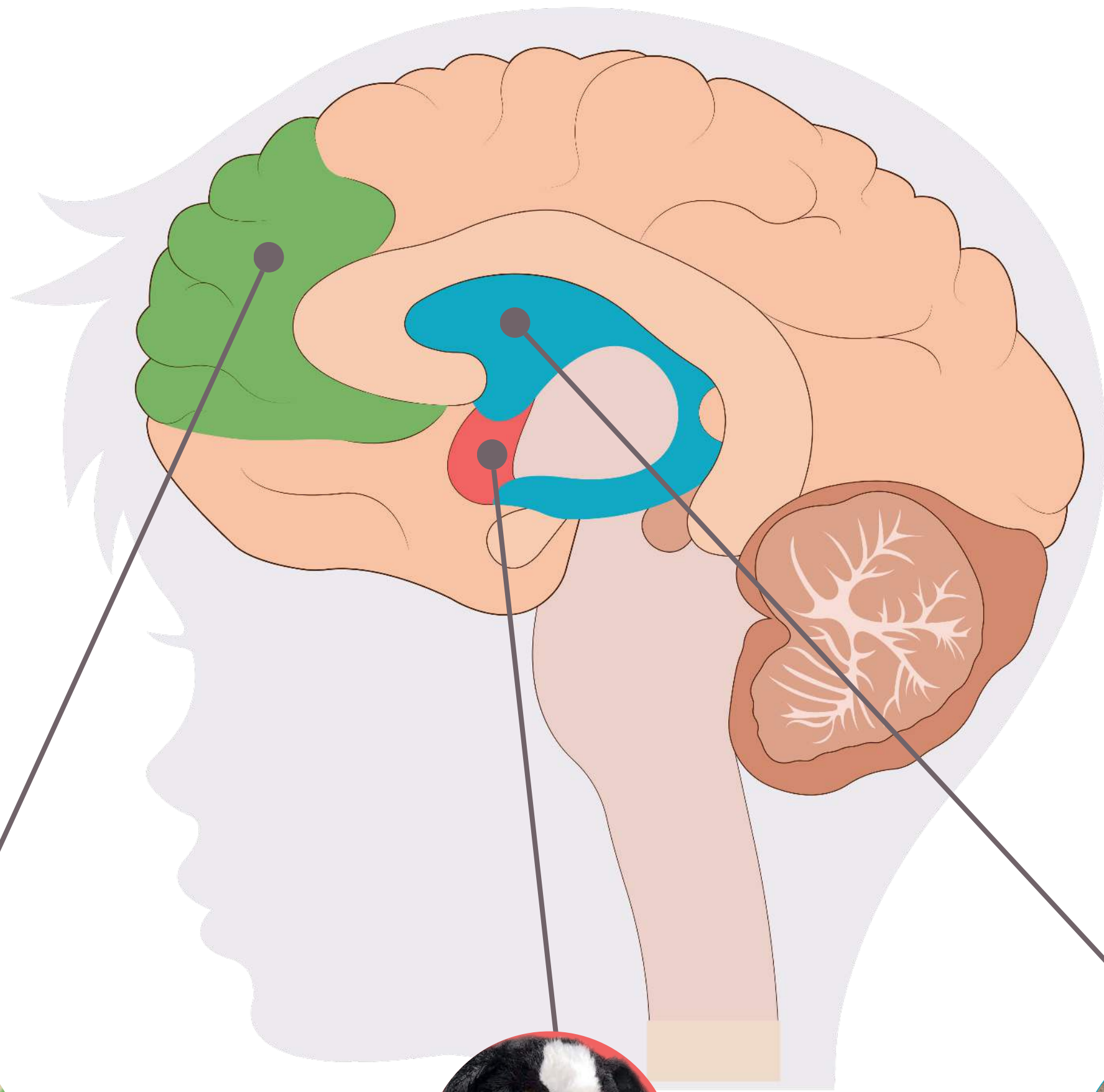


Key Players in the Brain



Prefrontal Cortex

Wise Owl

- 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

Miss Elephante

- Processes and stores memories.
- Learning, experiences, and emotional responses are stored here.