



# UNDERSTANDING THE BRAIN

Made for reading with kids

## PREFRONTAL CORTEX

This is the newer part of the brain that helps us deal with emotions and make wise decisions. It also helps us plan and make good decisions and with impulse control

## AMYGDALA

This is like the brains alarm system and tries to protect you at all costs. It often mistakes emotional stress for real physical danger and stops the prefrontal cortex from doing its job. During a stress response, we disconnect from rational thinking. We shift gears to an impulsive, reactive “fight, flight, freeze” mode. We lose connection to some of our higher brain functions like: self regulation, memory, and mental flexibility.

## HIPPOCAMPUS

This helps you form long-term memories, connect memories to other memories, and connect memories to emotions and senses. It also helps you navigate, orient yourself in space, and form emotional reactions

