



# Amygdala

## BRAIN STATIONS



Amygdala



Hippocampus



Cerebellum



Cerebrum



Pre-Frontal Cortex

Oh no! Mrs. Torrance left her running shoes at home which fires up her amygdala, sending her into a fight, flight, or freeze state. What could she do?

## You Try!

Show some calming strategies by selecting a focus attention practice to try or make your own stress ball. How could these methods help you at home and at school?



# Hippocampus

## BRAIN STATIONS



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Pre-Frontal Cortex

As Mrs. Torrance crosses the finish line, she sees a table loaded with bananas and chocolate milk which activates her hippocampus reminding her of her first race. What could she do?

## You Try!

Match as many emoji cards as you can by flipping just one card over at a time. Challenge a family member to play with you!



# Cerebellum

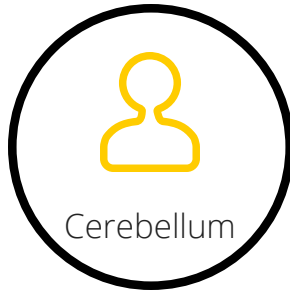
## BRAIN STATIONS



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Pre-Frontal Cortex

**Mrs. Torrance**  
uses her  
cerebellum to  
stretch her  
muscles and  
practice her  
balance before  
the race. What  
stretches could  
she do to feel  
balanced?

## You Try!

Time yourself on the balancing board, with yoga poses, or brain intervals. Use the direction cards to help you.



# Cerebrum

## BRAIN STATIONS



Amygdala



Hippocampus



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Cerebrum



Pre-Frontal Cortex

Mrs. Torrance starts to feel icky after eating an unhealthy snack. Oops, she forgot to use her cerebrum to make a better food choice. What food choices would give you energy?

## You Try!

Create a balanced snack with the options on the table. Explain to your family why you chose each item.



# Pre-frontal Cortex

## BRAIN STATIONS



Amygdala



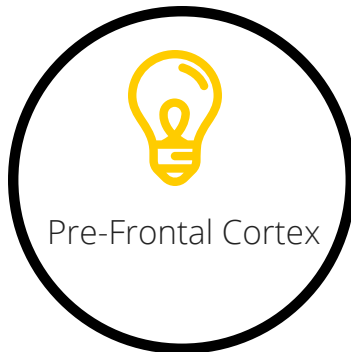
Hippocampus



Cerebellum



Cerebrum



Pre-Frontal Cortex

The crowd cheers as the runners are almost to the finish line. Mrs. Torrance uses her pre-frontal cortex to focus only on the finish line, not the distractions from the rowdy crowd. How can you help her focus all the way to the finish?

## You Try!

Practice your focus by building the blue blocks, playing a game of Jenga or cup stacking. How do you keep your focus with the distractions around you?

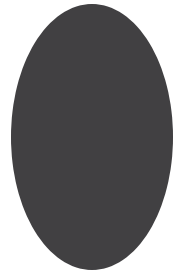


# THE AMYGDALA

CENTER OF EMOTIONS AND FEELINGS

## WHERE IS MY AMYGDALA?

This almond-shaped mass of cells is located deep inside the temporal lobe of your brain. The amygdala is home to the limbic system: the emotion headquarters.



## WHAT DOES IT DO?

The amygdala is the alarm system that alerts the brain and body to possible danger. This alarm signal commands the body to fight, flight, or freeze state to keep us safe. This part of the brain feeds on emotion and memory to make decisions about safety.



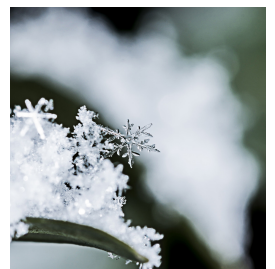
### FIGHT



### FLIGHT



### FREEZE



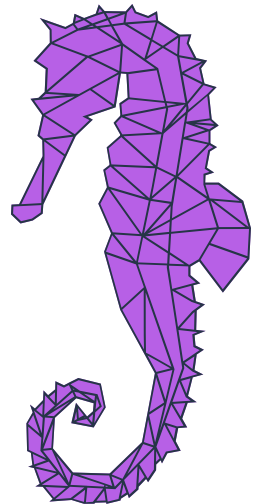


# THE HIPPOCAMPUS

CENTER OF MEMORIES

## WHERE IS MY HIPPOCAMPUS?

This sea horse-looking organ is located in the center of the brain.



## WHAT DOES IT DO?

The hippocampus plays a vital role in the formation of memories, the transfer from short to long-term memories, and association of emotions and senses with memories. The hippocampus is like a filing cabinet; it helps store memories and access them.



# THE CEREBELLUM

CENTER OF BALANCE AND CORDINATION

## WHERE IS MY CEREBELLUM?

The cerebellum is located at the back of the brain.

## WHAT DOES IT DO?

The cerebellum helps with coordination and balance. This part of the brain is used when playing sports, practicing an instrument, and any time the body moves!







# THE CEREBRUM

CENTER OF LOGIC AND CRITICAL THINKING

## WHERE IS MY CEREBRUM?

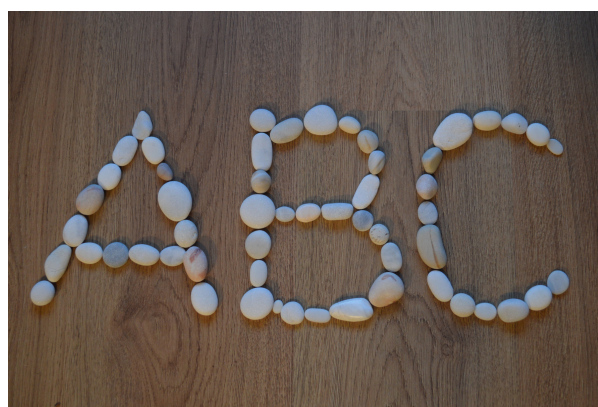
The cerebrum is located along the top of your brain. It is divided into four parts called lobes.

- The Frontal Lobe
- The Occipital Lobe
- The Parietal Lobe
- The Temporal Lobe



## WHAT DOES IT DO?

The cerebrum is one of the largest parts of the brain. It controls your thoughts, learning, and creative movements.





# THE PRE-FRONTAL CORTEX

CENTER OF DECISION MAKING

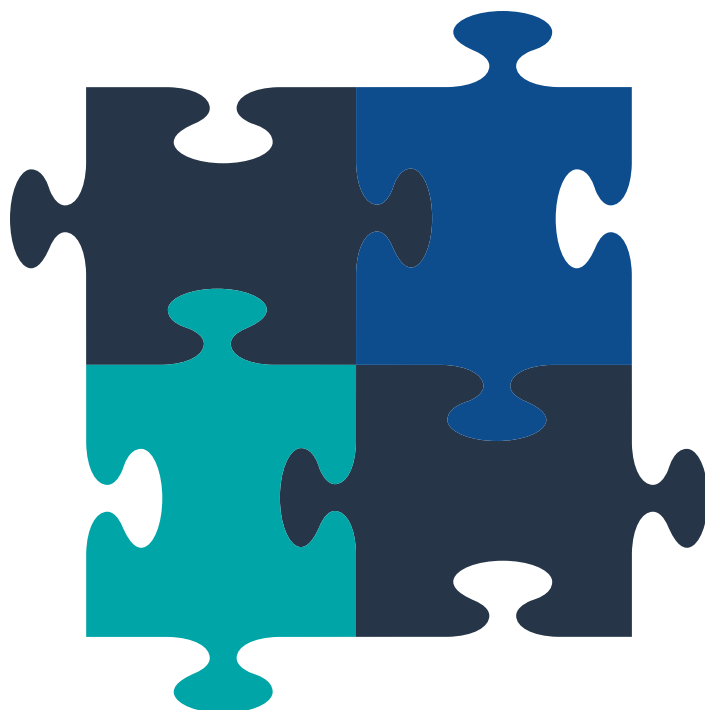
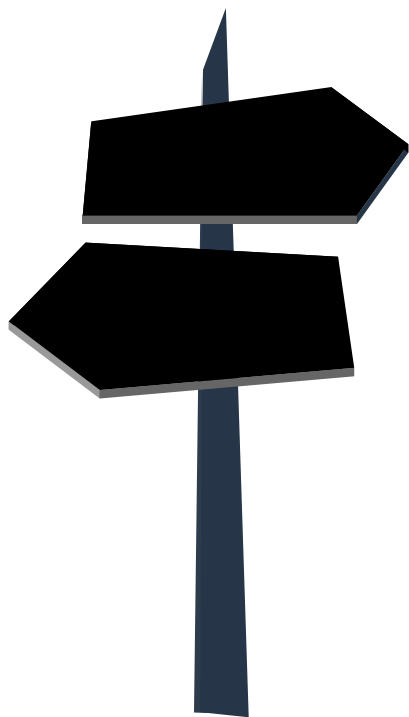
## WHERE IS MY PRE-FRONTAL CORTEX?

The pre-frontal cortex (PFC) is in your frontal lobe underneath your forehead.



## WHAT DOES IT DO?

The PFC allows the brain to plan, make decisions, and problem solve.





# NEURONS

THE CELLS OF YOUR BRAIN

## WHERE ARE MY NEURONS?

Neurons are everywhere in the brain!

## WHAT DO THEY DO?

Neurons send electrical signals to other cells in the body in order to relay a message.

