

Inside My Brain



Children's
worksheets



Connected
Classroom

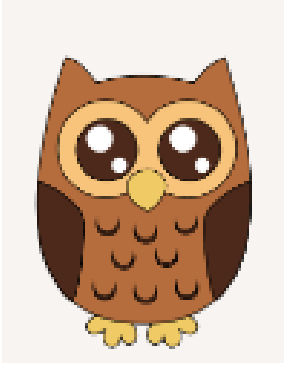
Inside My Brain



Children's
workbooks
Name _____



Draw a line from each animal to their names



**Memory
Ellie**

Amygdala



Wise Owl

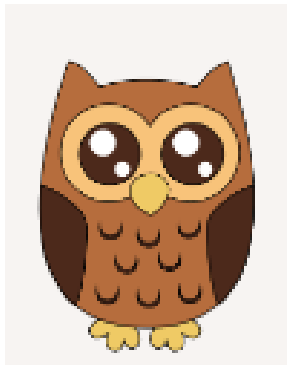
Hippocampus



Guard Dog

**Prefrontal
Cortex**

Cut out the following and encourage children to match them together.



Wise Owl

Prefrontal Cortex



Guard Dog

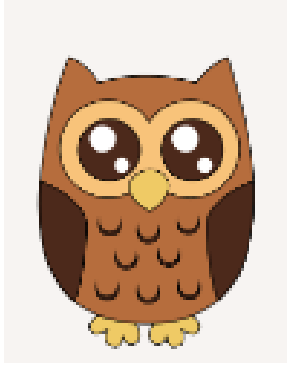
Amygdala



Memory Ellie

Hippocampus

Match each part of the brain to its function



Prefrontal Cortex

Our flight, fight or freeze response that helps us to survive and protects us from perceived danger



Amygdala

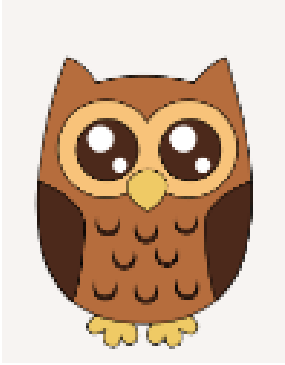
Stores our memories and helps with learning



Hippocampus

Thinking part of our brain. Helps us to listen, problem solve and reason

What part of the brain are we talking about?



**Thinking part of our brain.
Helps us to listen, problem
solve and reason**



**Our flight, fight or freeze
response that helps us to
survive and protects us
form perceived danger**



**Stores our memories and
helps with learning**

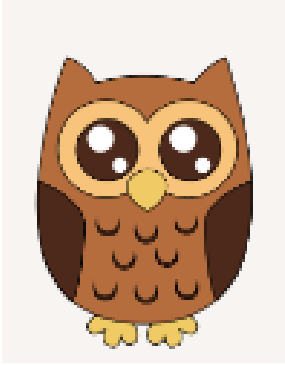
What part of the brain are we talking about?

**Thinking part of our brain.
Helps us to listen, problem
solve and reason**

**Our flight, fight or freeze
response that helps us to
survive and protects us
form perceived danger**

**Stores our memories and
helps with learning**

What does each part of the brain do?



Prefrontal Cortex

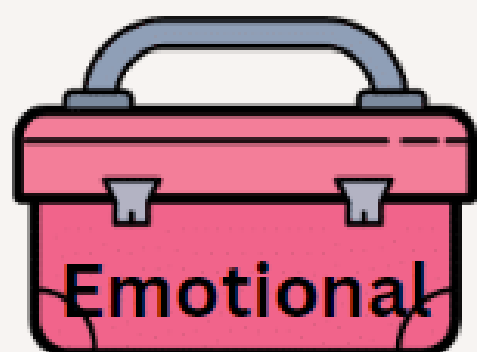


Amygdala



Hippocampus

What can I do to reset my amygdala?



Pick 4 things
that can help
you to reset.

What can I do to reset my amygdala?



Pick 4 things
that can help
you to reset.

Breathing

Fidgeting

Colouring

Music

Journalling

Reading