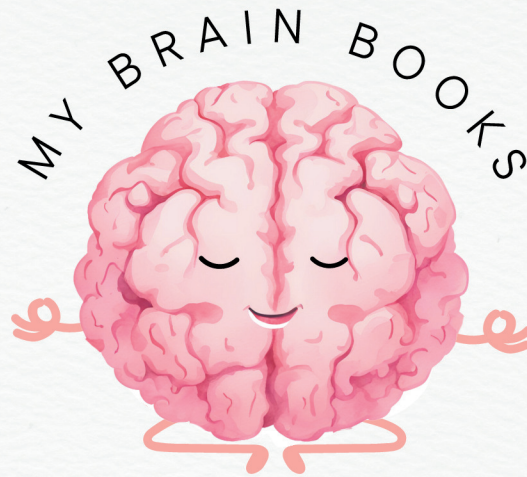




Worksheet

BUNDLE

ORLANDA BETTISON

www.mybrainbooks.com

Name: _____



MY BRAIN

1. Colour these parts of the brain:



the amygdala - red



the hippocampus - grey

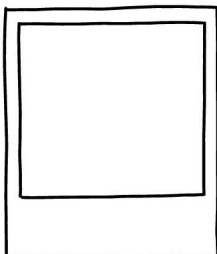
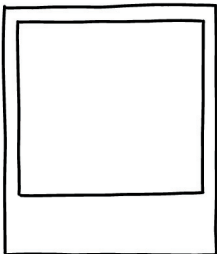


the prefrontal cortex - blue

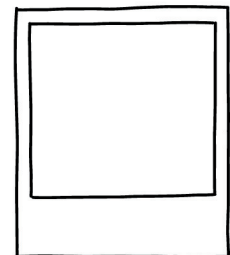
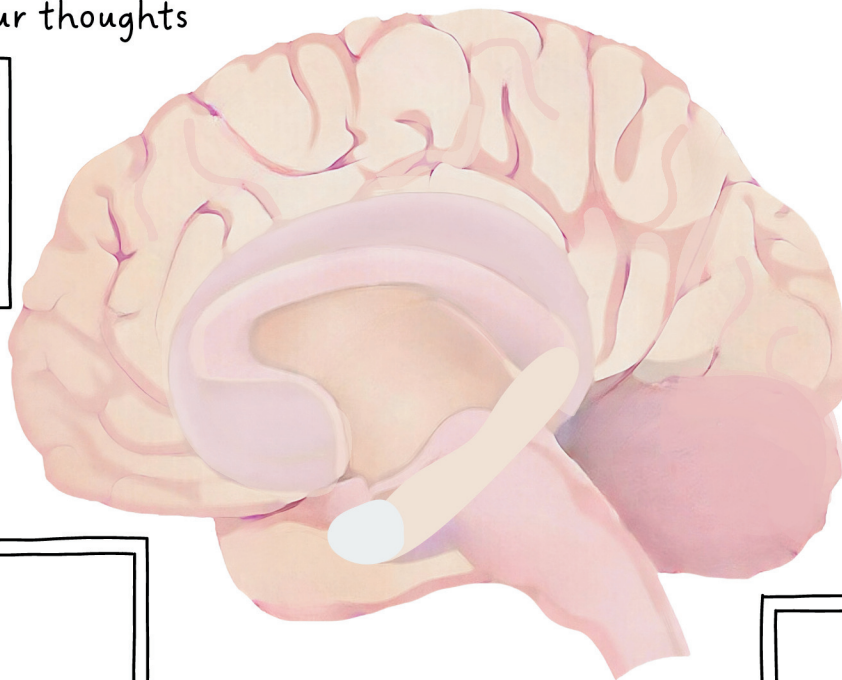


2. Draw a picture of each character. Then draw a line to link the explanation to the correct part of the brain.

The prefrontal cortex
makes decisions and
organises our thoughts



The amygdala is our
guard dog. It tries to keep
us safe and looks out for
possible problems.



The hippocampus helps
us learn. It works best
when the brain is calm.

Name: _____



MY BRAIN

What are some wise words we can say to calm our amygdala down?



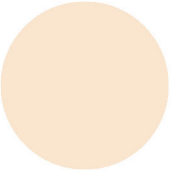
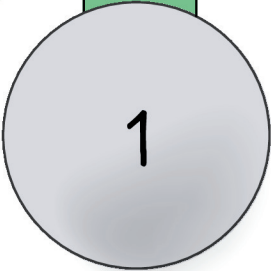
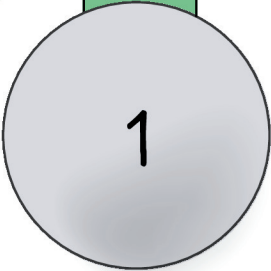
WISE WORDS

Name: _____



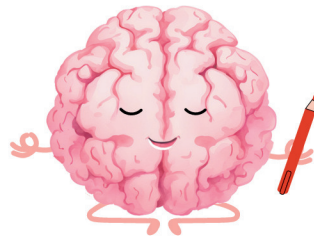
MY PROBLEM SCALE

Fill in some examples of different problems you have had in your life:

		Emergency	_____
		Big problem	_____
		Medium problem	_____
		Small problem	_____
		No problem	_____

ANSWER GUIDE

(There are no right or wrong answers. These are a guide.)



ANSWER GUIDE

1. Colour these parts of the brain:



the amygdala - red



the hippocampus - grey

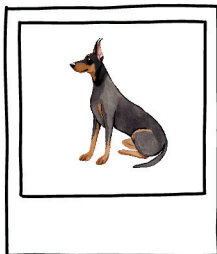


the prefrontal cortex - blue



2. Draw a picture of each character. Then draw a line to link the explanation to the correct part of the brain.

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The amygdala is our
guard dog. It tries to keep
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The hippocampus helps
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when the brain is calm.

ANSWER GUIDE

(Answers will vary. This is an example.)

What are some wise words we can say to calm our amygdala down?



WISE WORDS

My Amygdala is going crazy, how big is this problem?

It's ok, my wise brain can work this out.

This is hard, but I can do hard things.

Mistakes help me learn.

I can't do this, yet, but with practise I can.

Challenges help me grow.

Things are ok, this feeling will pass.

ANSWER GUIDE

(There are no right or wrong answers. These are ideas.)

Fill in some examples of different problems you have had in your life:

5	Emergency	<u>I split my head and went to hospital</u>
4	Big problem	<u>When my pet died</u>
3	Medium problem	<u>When my friend didn't play with me.</u>
2	Small problem	<u>Someone didn't like my drawing</u>
1	No problem	