



Introduction Video Script



Brain Talk

You have had your brain from the moment you were born. But even though you've spent your whole life together, you probably haven't ever really gotten to know it.

This is a story to introduce you to how your brain works, and how you can use your brain to make choices in your life.

Your brain is a **thought machine**. Sometimes thoughts just appear without you knowing where they came from, and sometimes you ask your brain to work a little harder to come up with a thought that answers a question or solves a problem.

Your brain is also your **emotion center**; it's churning out feelings day and night. Some emotions are so gentle that you might not even notice them, and some are so strong that they can leave you feeling out of control.

You've probably noticed that your thoughts can change how you're feeling, or that your feelings can change what you're thinking. Thoughts and feelings are so connected that sometimes it's hard to know where a thought ends and a feeling begins.

Your brain is the control center for one more thing: your **behavior**. When you do a behavior, your brain has sent an action message through your nervous system, telling the rest of your body what to *DO*.

Some action messages get sent faster than the speed of thought, like when you pull your hand back from a hot stove. We call these behaviors reactions. Other action messages get sent after you've thought about what you want to do. We call these behaviors responses. Not only do your feelings and thoughts affect each other, they also direct your behaviors.

Thoughts, emotions, and behaviors all connect to help you make choices. The ability to make choices, rather than simply reacting to things that happen to you, gives you more power over how your life goes.

The conversation in your brain between your thoughts, emotions, and behaviors is called **Brain Talk**. The story we will be telling is about this conversation happening inside of your brain. We will explore how parts of your feeling brain and your thinking brain talk together to direct your behaviors, and how to help them work together so you can become a **decider** instead of just a **doer**.