

Instructions for black and white copies:

1. Cut out each page
2. Color *Fight, Flight, and Freeze* red
3. Staple the pages together to form a story about Myg
4. Tell the story to a friend, teacher, or family member

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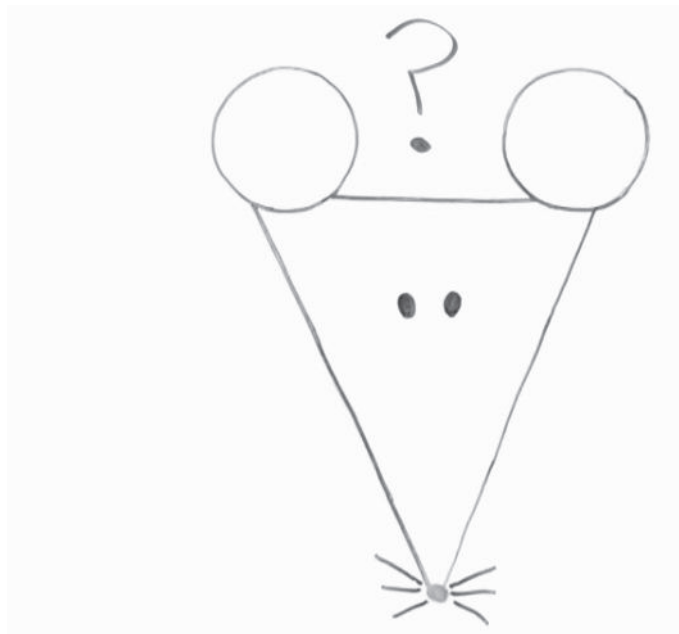
www.braintalktherapy.com



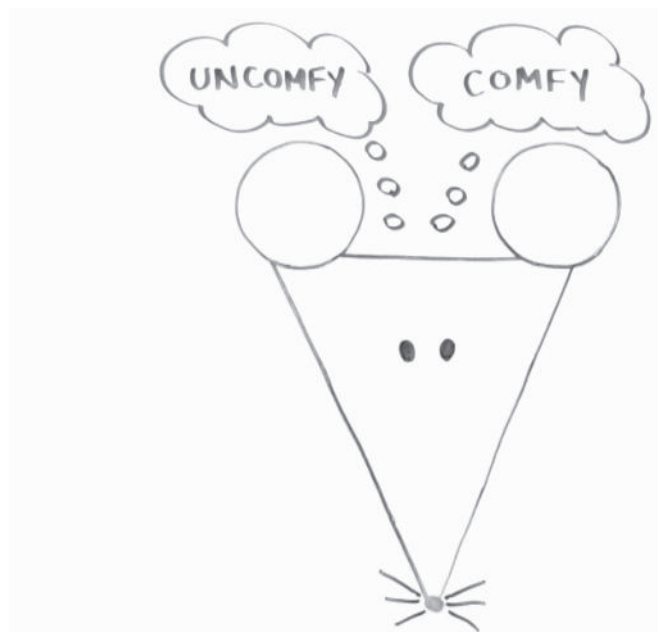
Meet Myg

Brain Talk: Unit 3

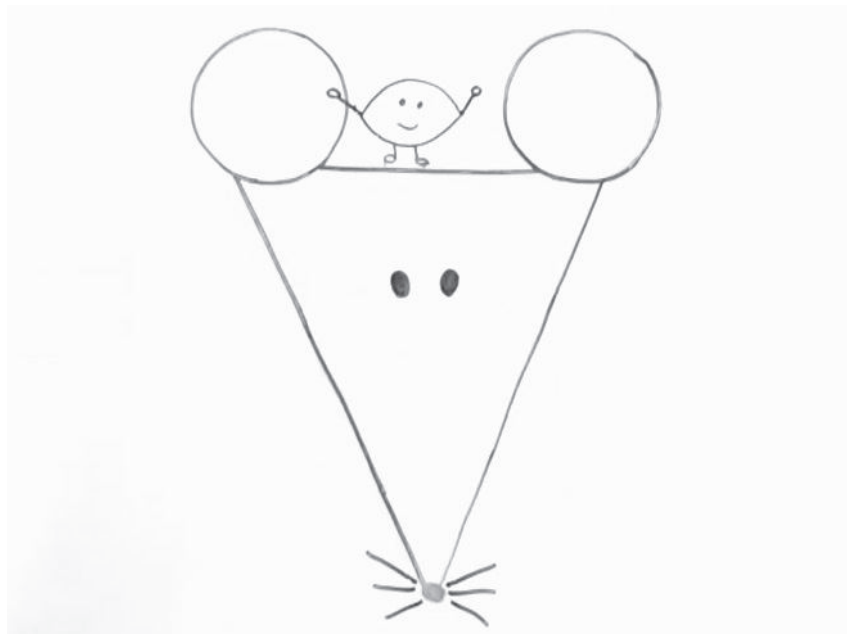
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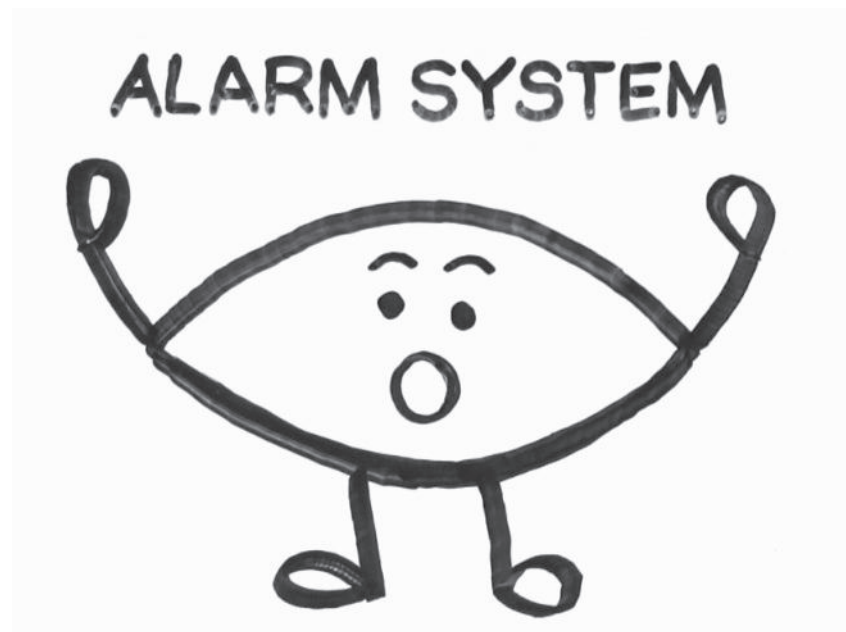
Remember what Mr. Mouse does?



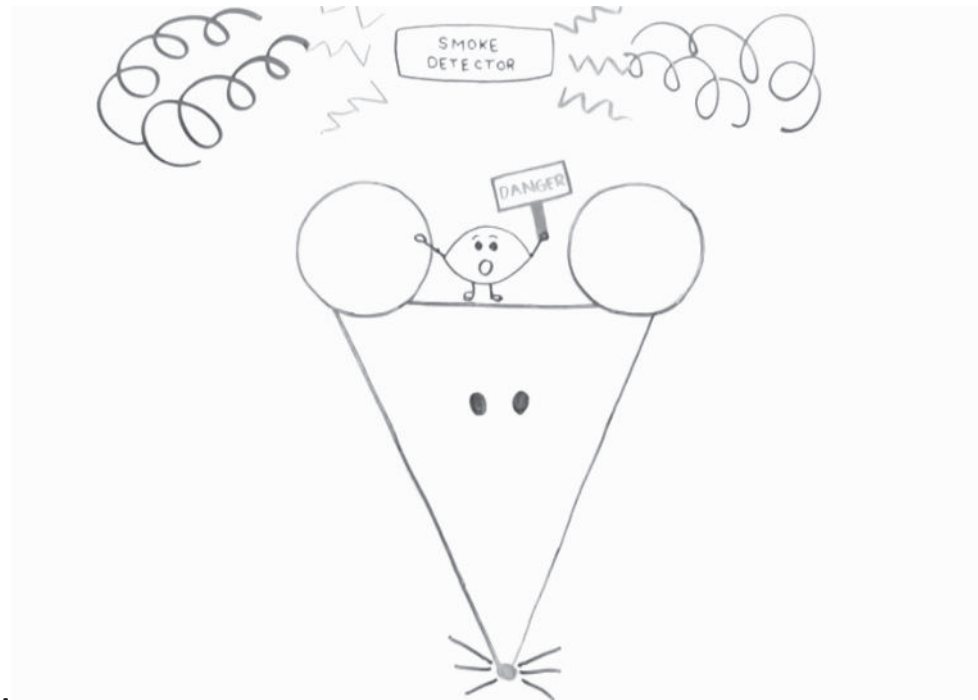
Mr. Mouse seeks things that are comfortable and avoids things that are uncomfortable.



Myg is the special part of the brain designed to look for things that seem threatening and harmful.

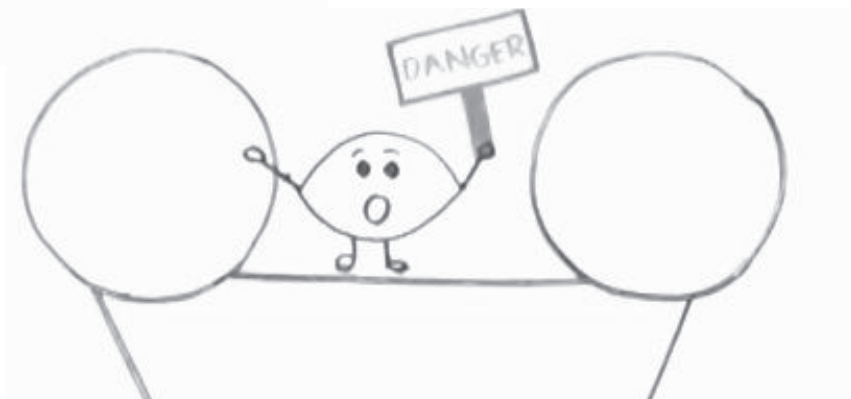


Myg is like the brain's alarm system!



Just like a smoke detector goes off when it senses smoke, Myg sounds an emotional alarm in the brain when something feels scary or uncomfortable.

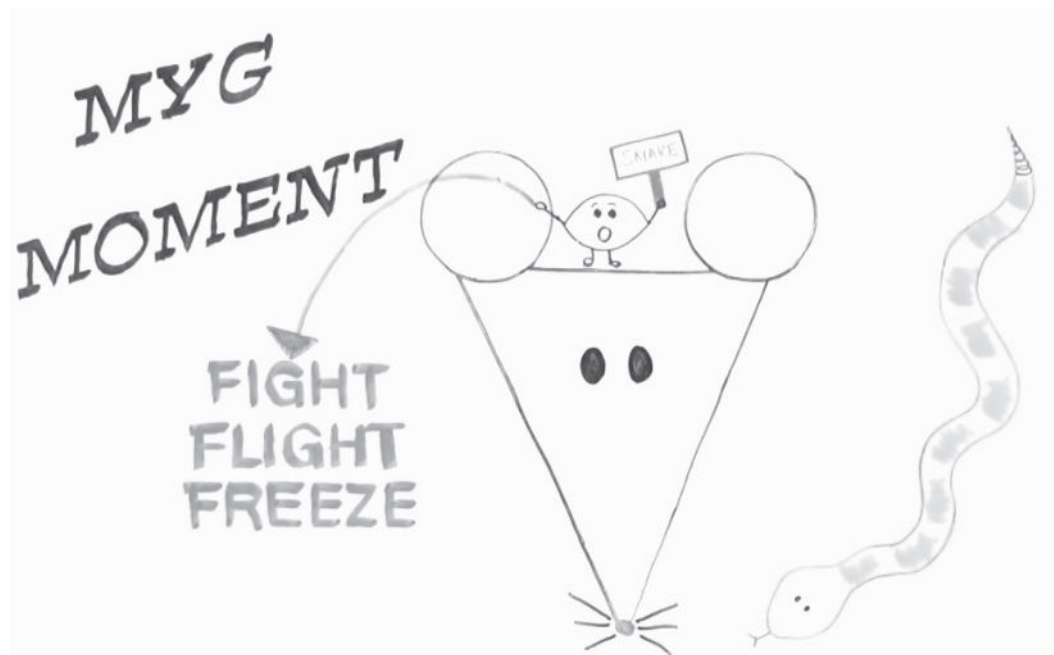
**MYG
MOMENT**



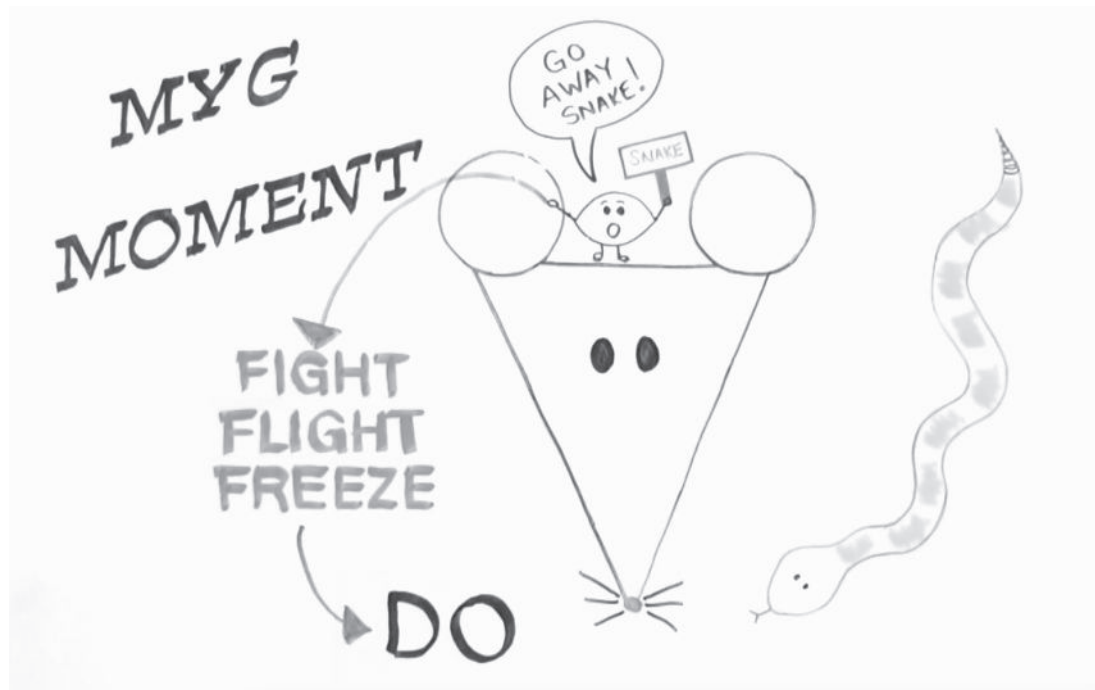
When Myg gets alarmed, we call it a Myg Moment.



If Mr. Mouse saw a snake, he would have a Myg Moment! His pupils would dilate, his heartbeat would quicken, and his brain would look for a way to get away from the danger.



Myg Moments lead to one or more avoiding reactions: *fight, flight, or freeze.*



Myg sends the fight, flight, or freeze action message through the rest of Mr. Mouse's nervous system, telling his body to do it.