Instructions:

- 1. Cut out each page
- 2. Color GRAB & GULP green
- 3. Staple the pages together to form a story about Buster
- 4. Tell the story to a friend, teacher, or family member

© 2015 Hanna Bogen & Carrie Lindemuth

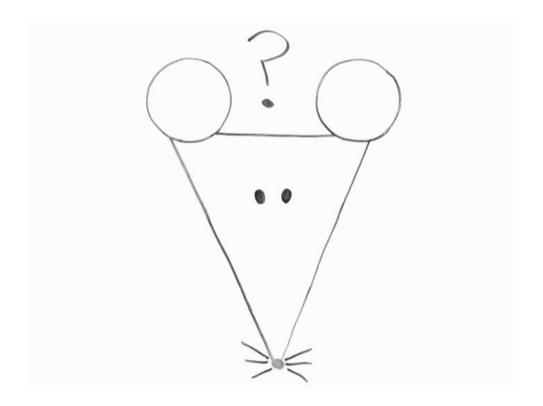
www.braintalktherapy.com



Meet Buster

Brain Talk

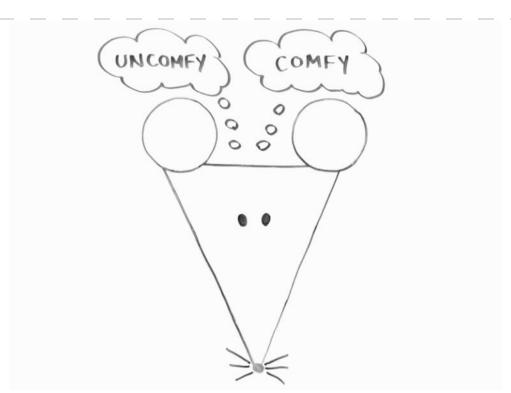
©Bogen & Lindemuth, 2015



Remember what Mr. Mouse does?

© 2015 Hanna Bogen & Carrie Lindemuth

www.braintalktherapy.com



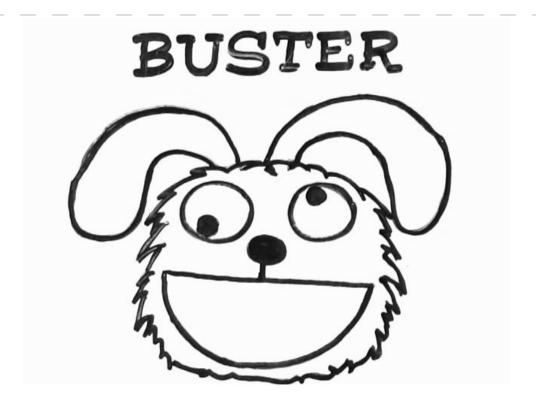
Mr. Mouse seeks things that are comfortable and avoids things that are uncomfortable.



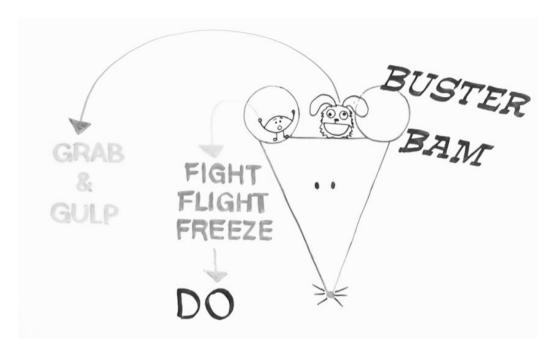
Myg acts like the brain's alarm system. If it senses a threat, Mr. Mouse has a Myg Moment, which causes a *fight*, *flight*, or *freeze* reaction.

© 2015 Hanna Bogen & Carrie Lindemuth

www.braintalktherapy.com



Buster is the special part of the brain designed to look for opportunities that seem awesome!

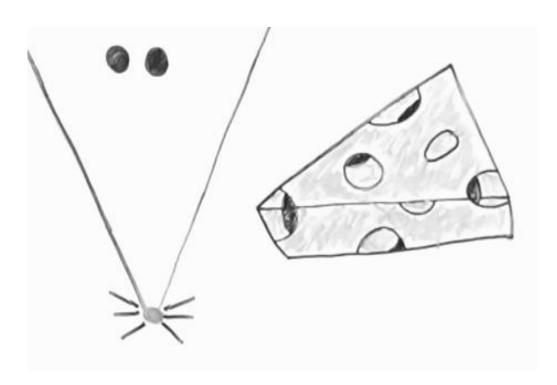


When Buster sees something that looks like an awesome opportunity, it has a *grab and gulp* reaction. We call that a Buster Bam.

© 2015 Hanna Bogen & Carrie Lindemuth

www.braintalktherapy.com

6



If Mr. Mouse sees some cheese, which is awesome, he has a Buster Bam!

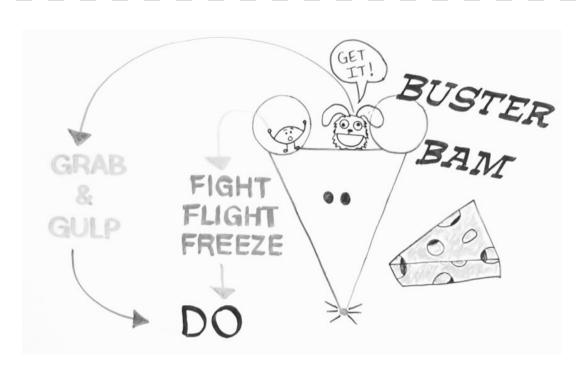


Buster tells Mr. Mouse's brain to get as much cheese as quickly as possible.

© 2015 Hanna Bogen & Carrie Lindemuth

www.braintalktherapy.com

8



Buster sends the *Grab and Gulp* action message through the rest of Mr. Mouse's nervous system, telling his body to do it.