Meet the Human Brain Video Script

Mr. Mouse has a simple mouse brain to react to his simple mouse life.

Humans have a much more complex life, so we have developed a more complex brain.

The human brain has a left side and a right side; we call these sides hemispheres because they are each half of the whole brain. What you see in one hemisphere can be found in the other, and the hemispheres share information back and forth. This is one way the brain communicates with itself.

Each hemisphere is organized into five lobes: the frontal lobe, the temporal lobe, the parietal lobe, the occipital lobe, and the insula-located deep down in the center of the brain.

Although each lobe has its own functions, they all work together for an integrated brain. This type of lobe to lobe connection is a second way the brain communicates and shares information with itself.

Connections between our **feeling brain** and our **thinking brain** form another pathway of communication happening within the brain.

Want to know something cool? Deep down in the feeling brain, also known as the limbic system, humans have Myg and Buster too!

Just like in Mr. Mouse's brain, Myg and Buster have the same jobs: to help us avoid danger and seek opportunities.

Myg and Buster are really important parts of the human brain, and can be especially helpful in situations when quick reactions are needed. They help us when we need to be doers.

The neat thing about Myg and Buster in the human brain is that they can be trained to pause, wait, and react less impulsively to things that cause Myg Moments and Buster Bams. You can train your limbic brain through activities like mindfulness, exercise, spending time with friends, and showing gratitude. The more you practice pausing before acting, the more trained your brain becomes.