

Instructions:

1. Cut out each page
2. Staple the pages together to form a story about the human brain
3. Tell the story to a friend, teacher, or family member

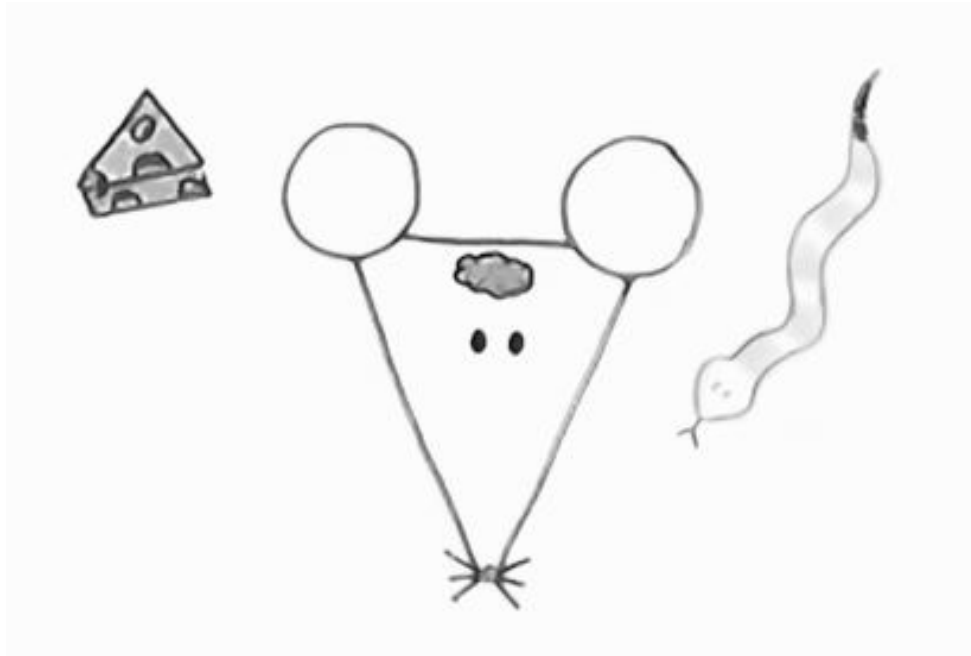
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www.braintalktherapy.com

Meet The Human Brain

Brain Talk

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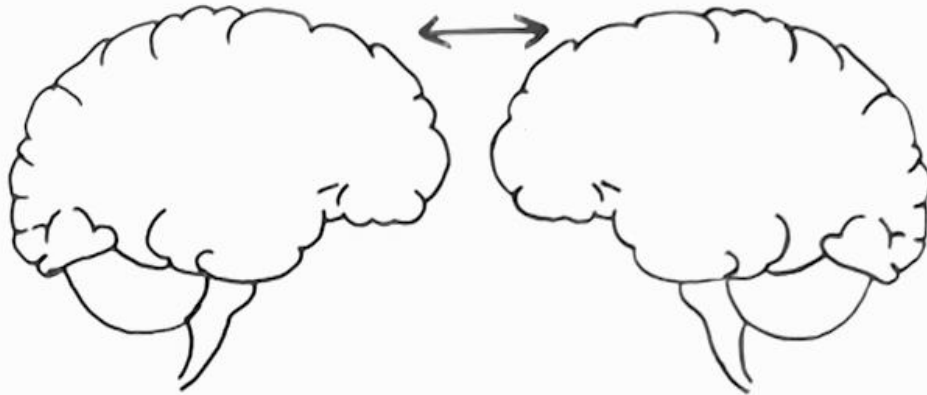


Mr. Mouse has a simple life, so he only has a simple brain.



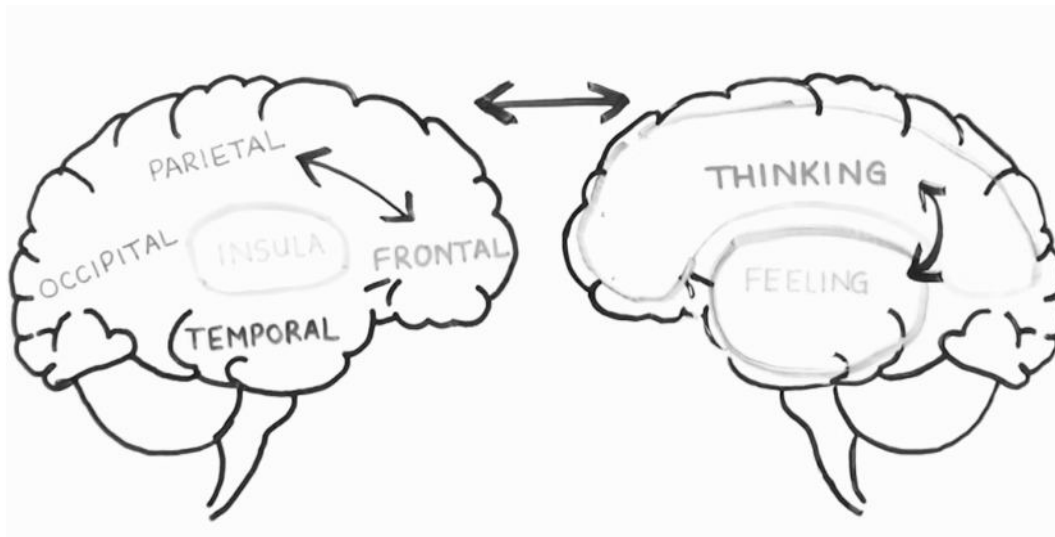
Humans have much more complex lives,
so their brains are more complex too.

HEMISPHERES



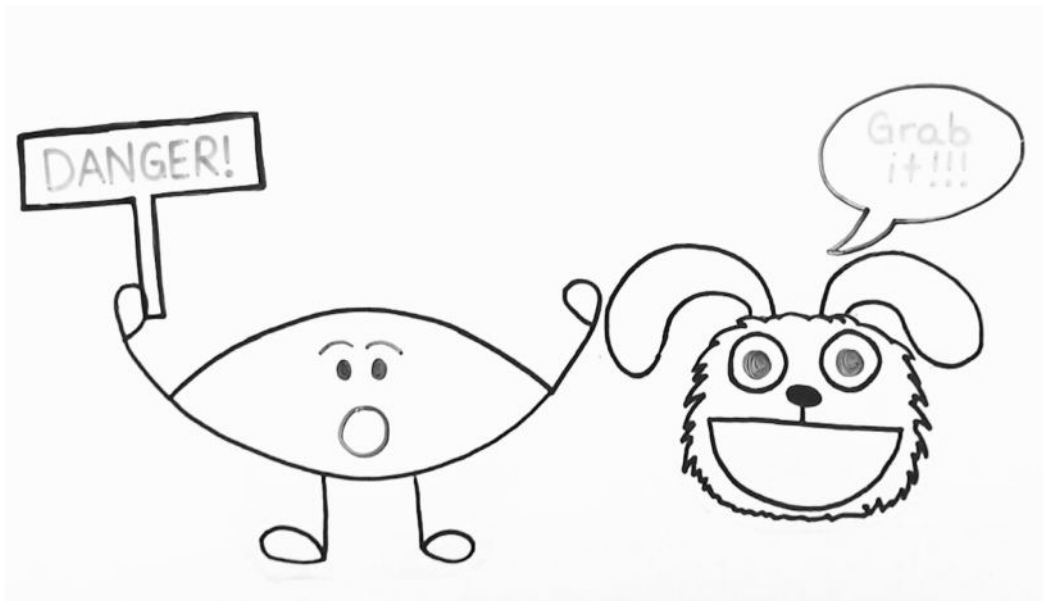
The human brain has a left side and a right side, called hemispheres. The hemispheres share information back and forth.

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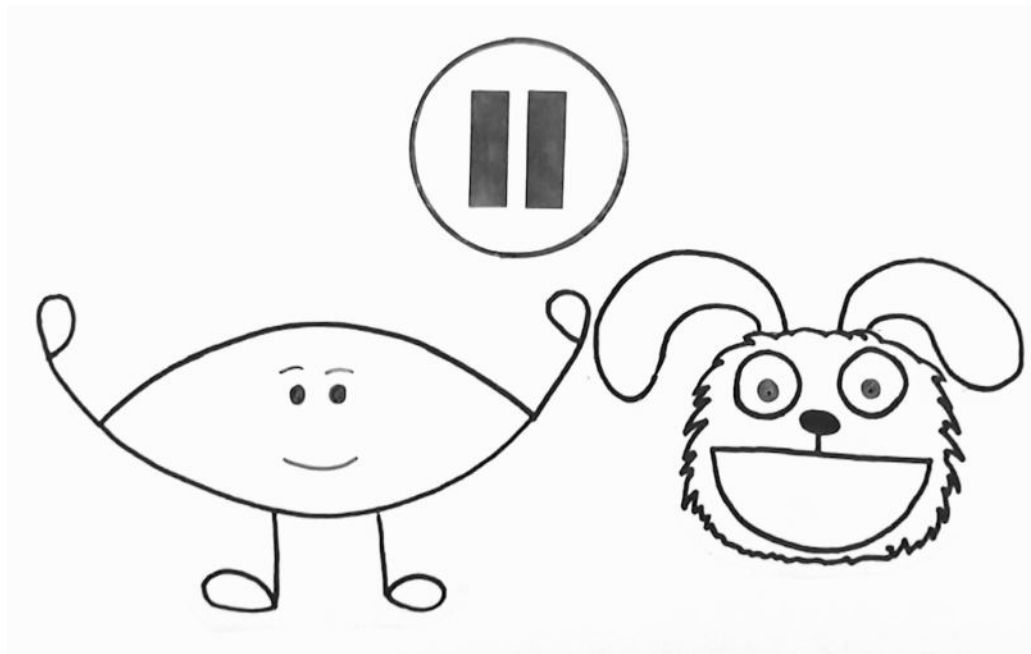


Each hemisphere has five lobes, which communicate with one another. There are also connections between the “feeling brain” and the “thinking brain.”

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Deep in the “feeling brain,” also known as the limbic system, humans have Myg and Buster. They help drive our reactions when we need to be doers.

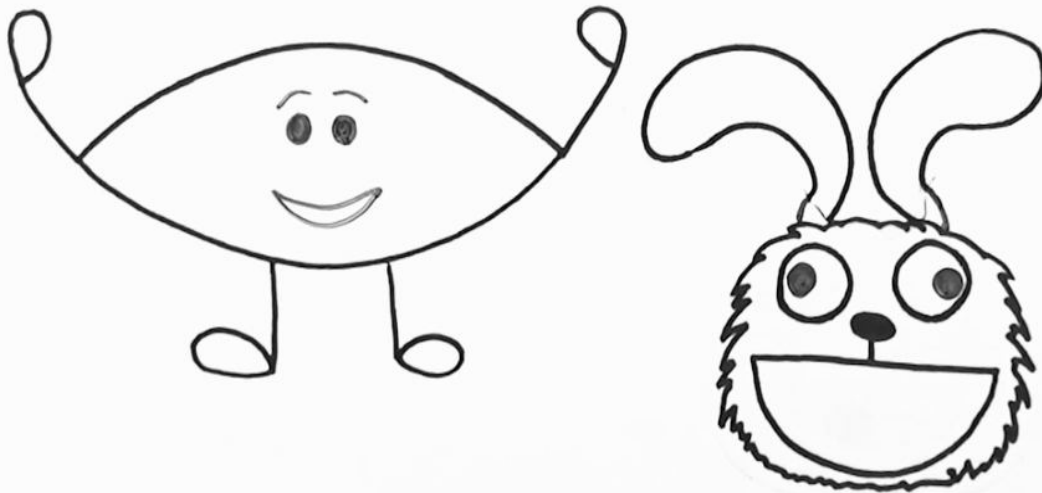


Humans can train their Myg and Buster to pause, wait, and be less reactive!

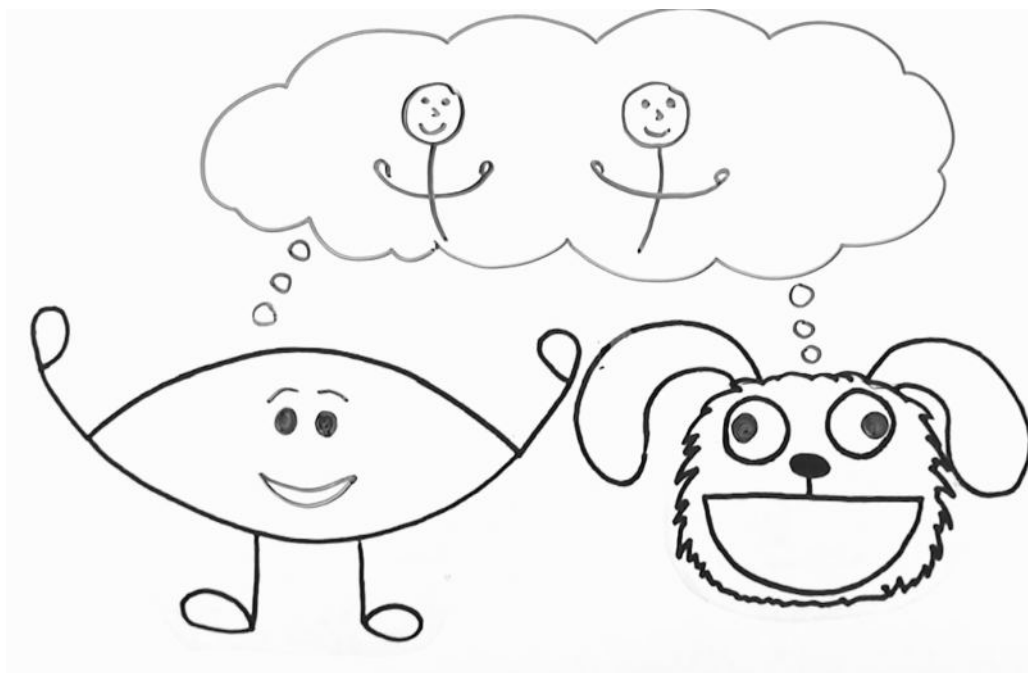
*Pause
&
Breathe*



One way to train Myg and Buster is to practice mindfulness.

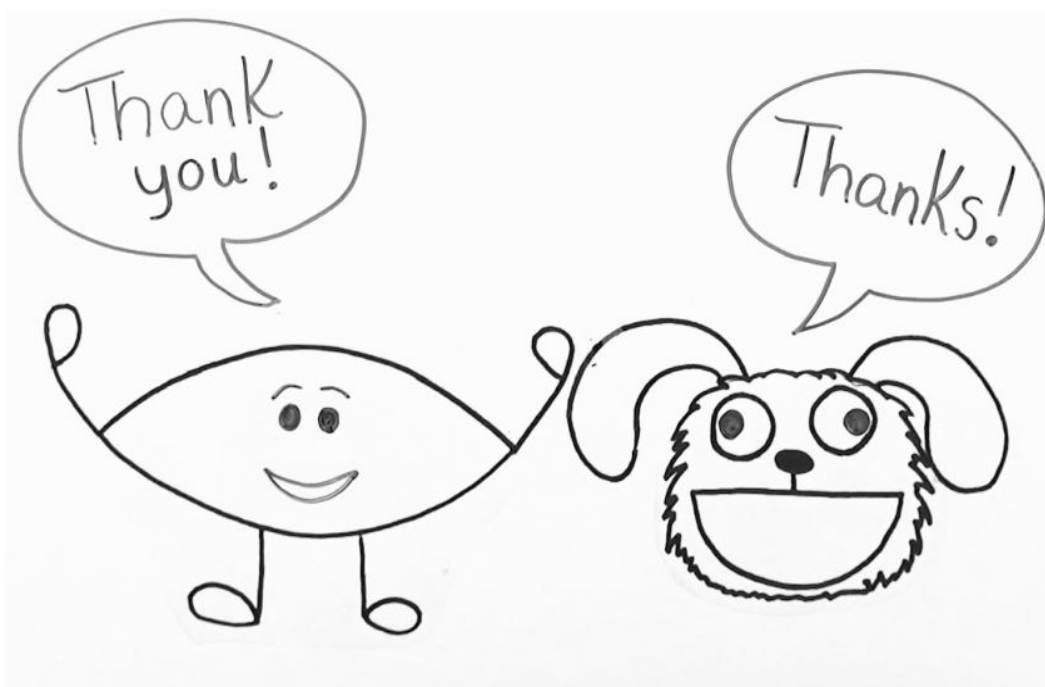


Another way to train Myg and Buster is through exercise.



Spending time with friends helps Myg
feel safer and Buster feel calmer.

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One final way to train Myg and Buster is
by practicing gratitude.

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