



# Meet Ms. Hipp Video Script



Meet  
Ms. Hipp

Remember that our human brain has Myg and Buster.

Myg is the brain's alarm system, alerting us to danger. When we have a Myg Moment, Myg sends a fight, flight, or freeze action message down to the central nervous system telling us what to do.

Buster is the brain's opportunity seeker, keeping an eye out for things that seem awesome. When Buster sees something that looks like an awesome opportunity, it has a Buster Bam, and sends the grab-and-gulp action message through the rest of our nervous system, telling the body to do it!

The thing that makes us different from Mr. Mouse is that we have a really big thinking brain. This means that we don't have to just react to everything in our environment, we get to make choices.

Often our choices are based on how things have gone in the past, and since our past experiences are SO important we have a special part of the brain in charge of storing our personal memories. This part of the brain is called **the hippocampus**; we'll call it **Ms. Hipp**. Ms. Hipp's job is **to document our experiences from a personal point of view**.

As Ms. Hipp documents an experience, she keeps track of: who was there, what happened, and where and when it occurred. She also records how gentle or strong the emotions were during the experience.

Ms. Hipp is in constant conversation with Myg and Buster to keep track of our Myg Moments and Buster Bams.

