

Instructions:

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

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www.braintalktherapy.com

Meet Ms. Hipp

Brain Talk

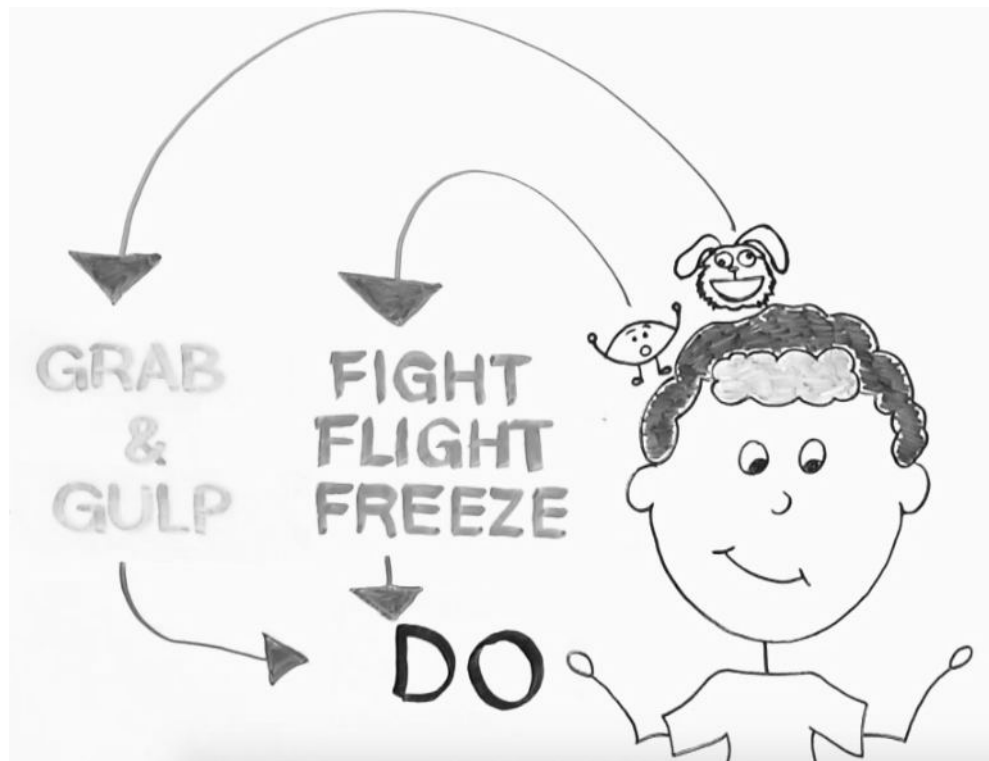
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Myg and Buster live in the limbic system of the human brain.

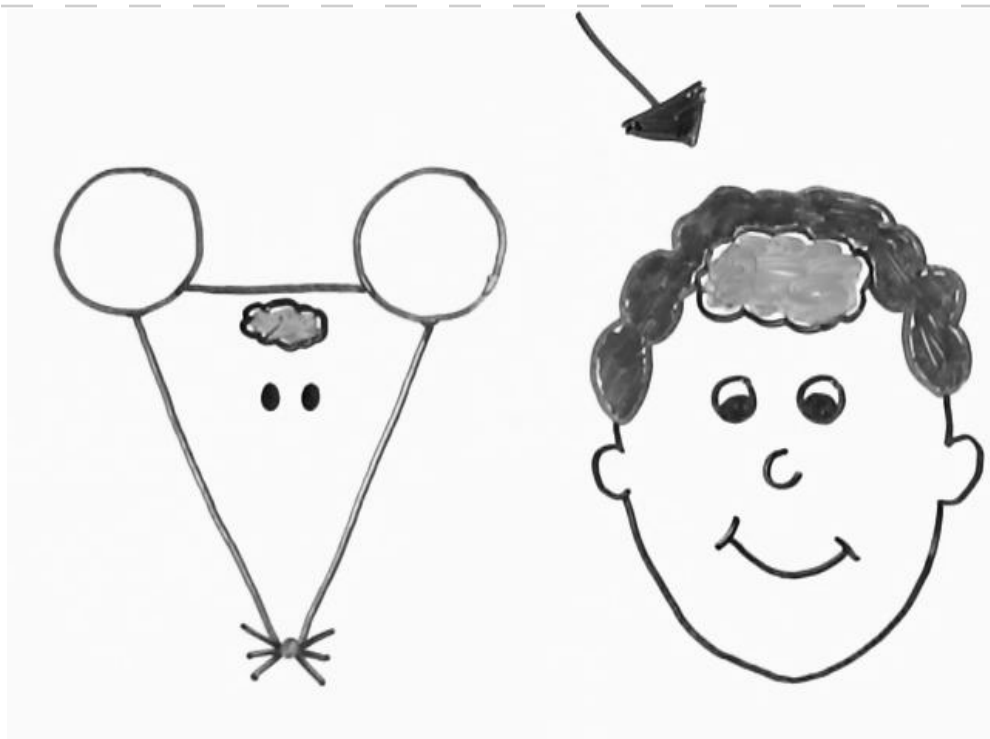


During a Myg Moment, Myg sends a fight, flight, or freeze impulse through the brain.



During a Buster Bam, Buster sends a grab and gulp impulse through the brain.

4



Our brains are much more complex than Mr. Mouse's brain, so we don't just have to react to things that happen to us. We get to make choices!

5



Since our choices are often dependent upon how things went in the past, we have a personal memory library in the brain called the hippocampus. We'll call it Ms. Hipp.



Ms. Hipp keeps track of an experience from a personal point of view by recording who was there, what happened, and where and when it occurred.



Ms. Hipp also records how gentle or strong your emotion was during the experience.



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