

Instructions:

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



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www.braintalktherapy.com

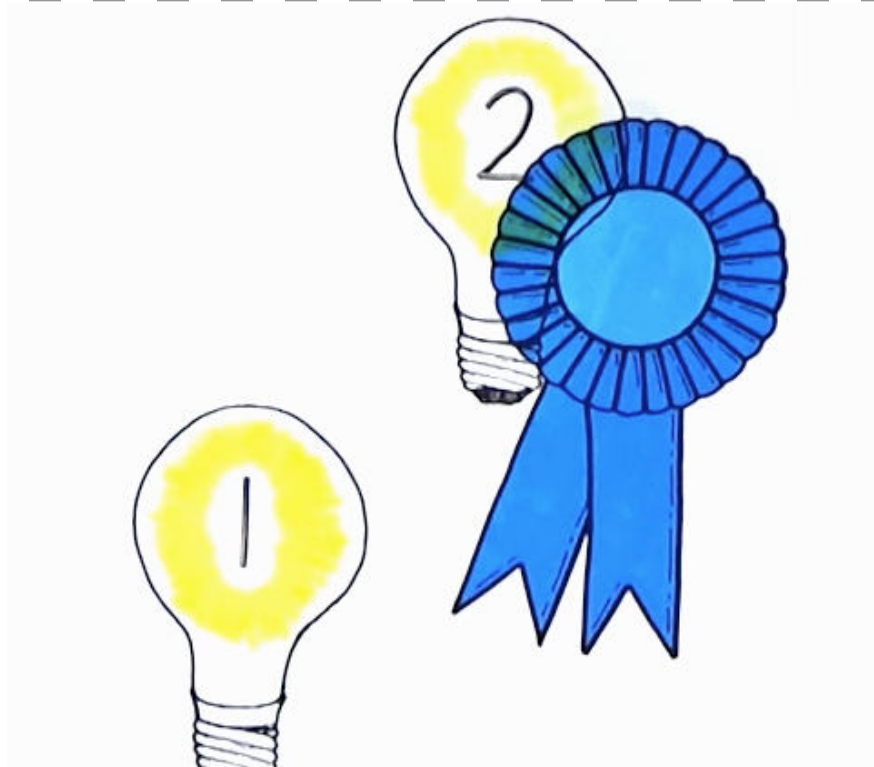
Meet The Professor

Brain Talk

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The human brain is so complex that we don't have to just react to things that happen to us. We get to make choices!



Humans have a special part of the brain in charge of weighing options and figuring out which is the best choice.

THE PROFESSOR



This part of the brain is located right behind the forehead, and is called the prefrontal cortex. We'll call it The Professor.

4



The best choice is the one that leads to the ultimate reward. Figuring out the ultimate reward involves thinking about the future.

5



While the ultimate rewards involves thinking about the future, the immediate reward only involves thinking about what would feel good *right now*.



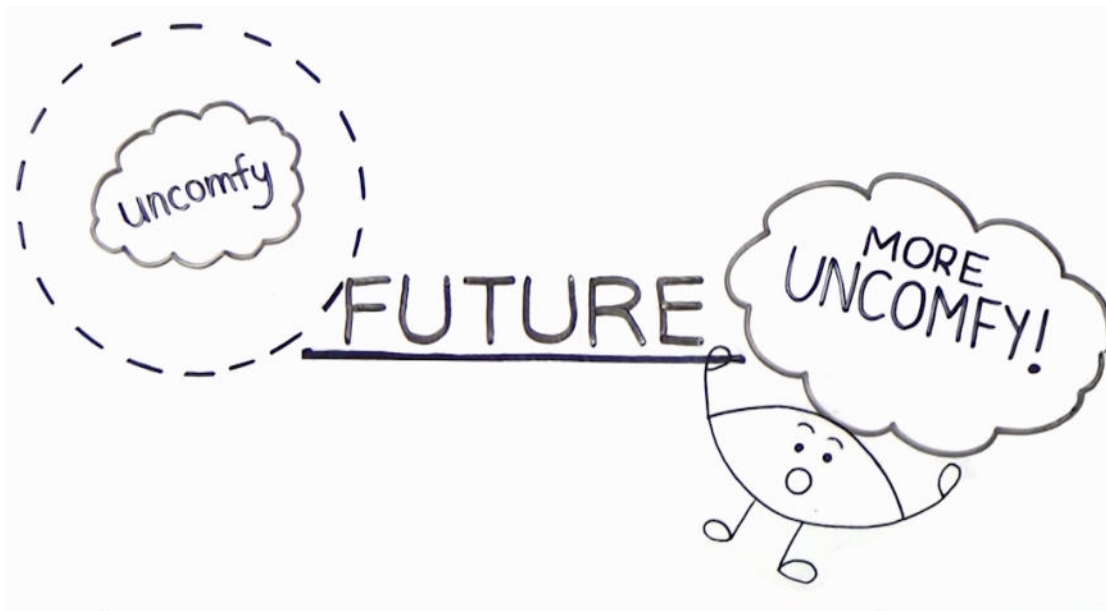
Myg and Buster live in a NOW bubble.
They only care about getting what
would feel good *right now*.



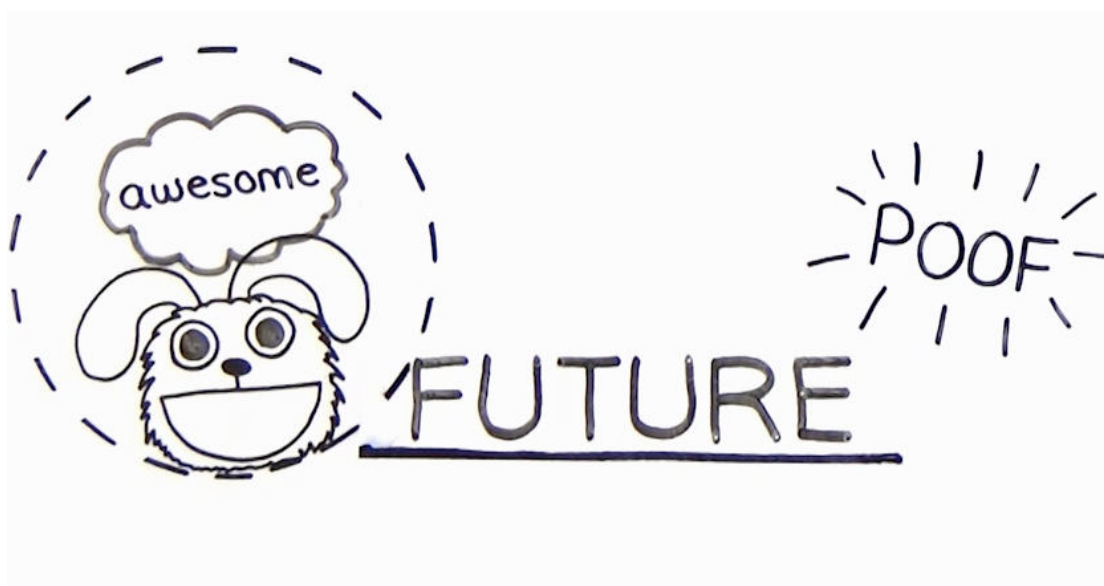
For Myg, the immediate reward is to use fight, flight, or freeze to avoid a threat *right now*.



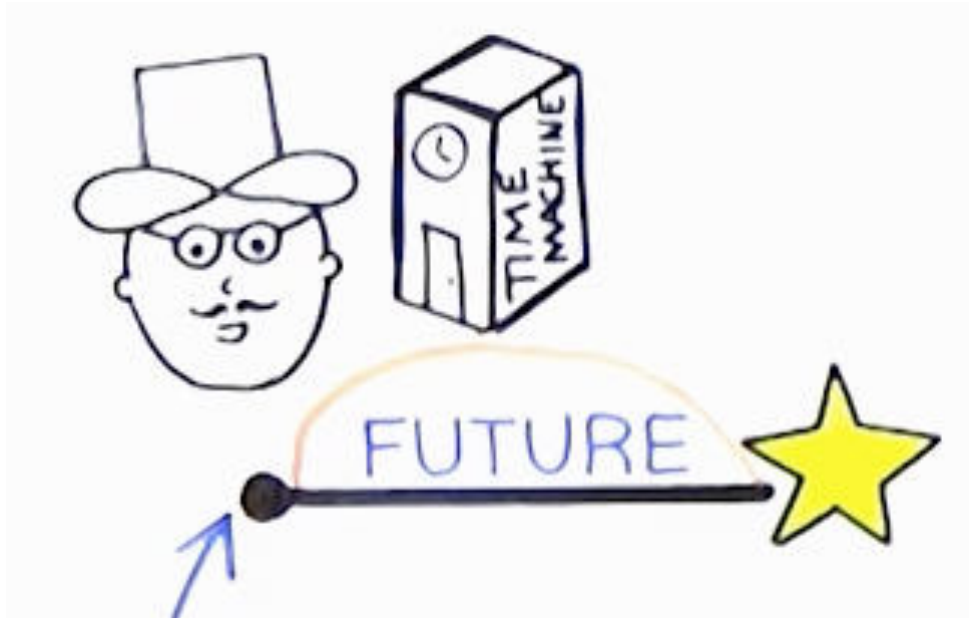
For Buster, the immediate reward is to grab and gulp things that seem awesome *right now*.



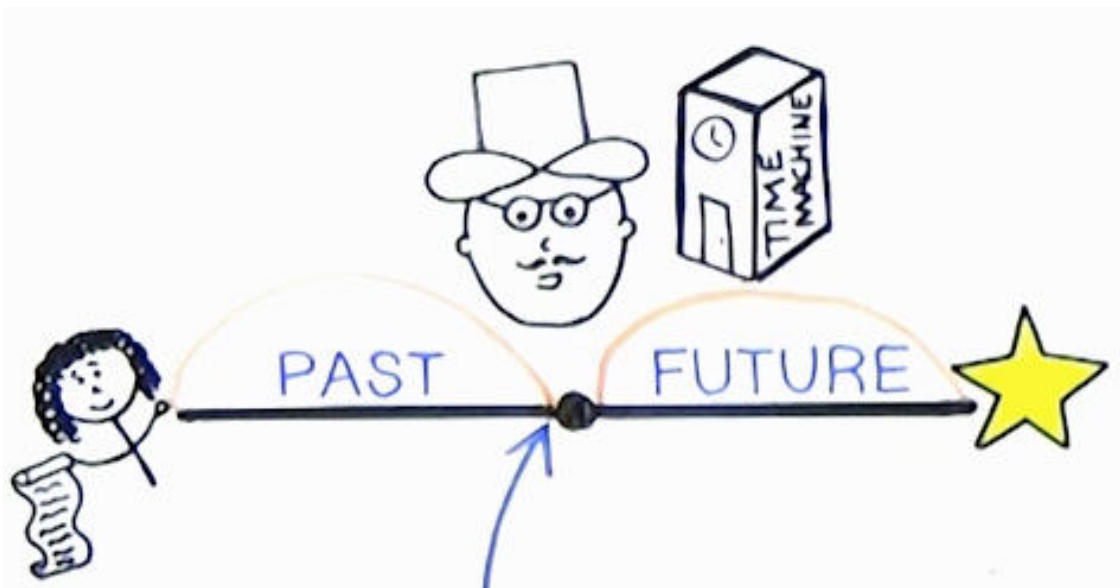
Sometimes avoiding an uncomfortable moment right now leads to a more uncomfortable moment in the future.



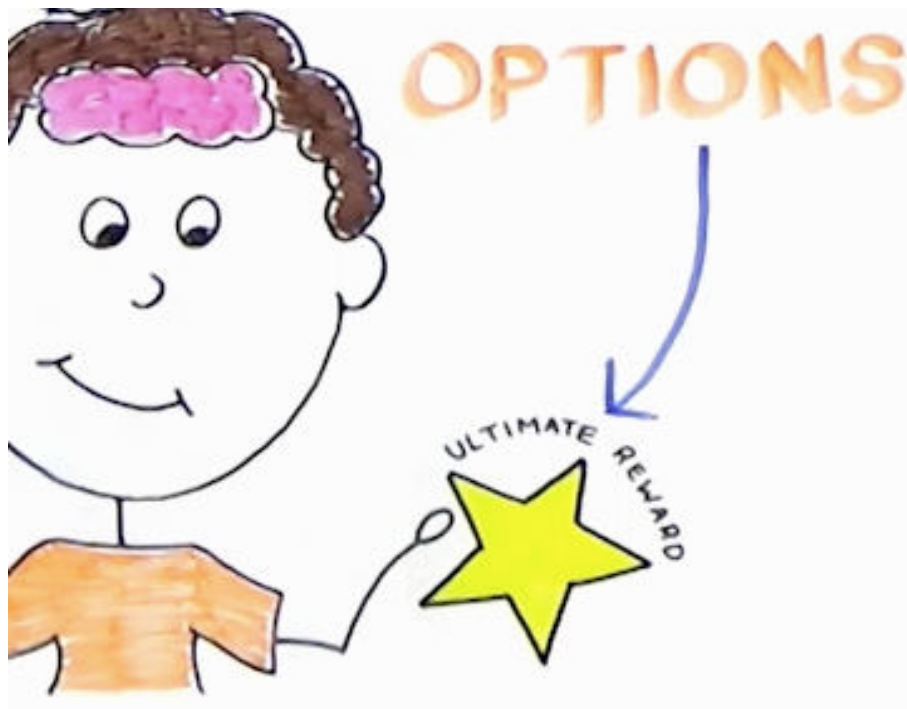
Sometimes grabbing something that seems awesome right now might keep you from getting something even more awesome in the future.



The Professor's job is to look into the future to determine the goal towards which you are working.



Ms. Hipp reminds The Professor how things went in the past.



Together they come up with options for what you could do *right now* to get the ultimate reward.