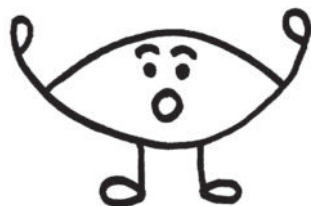
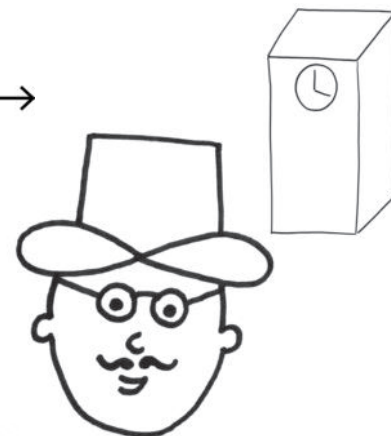
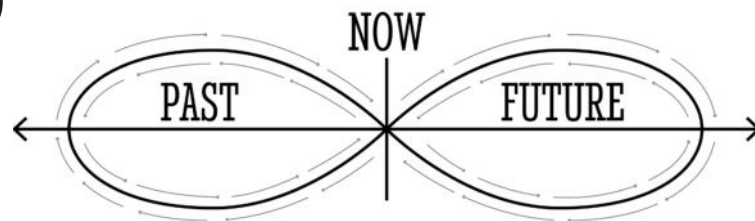




Brain Talk



My Brain Talk Dictionary  
by \_\_\_\_\_





Word:

Definition:

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Word:

Draw a picture of the word:





Word:

Draw a picture of the word:





Word

Meaning

Picture





Word:

Definition:

Use the word in a sentence:





Draw the word in a way that will help you remember its meaning:

Think of related words and write them here:





Word:

This word reminds me of:







Word 1:

Word 2:

How are they similar?

☐☐☐

How are they different?

☐☐☐



Word:

Draw a comic showing what the word means:

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# Brain Talk

Word

Definition:

Word

Definition:

Word

Definition:





Word:

trigger

Definition:

Any form of external stimulus  
or internal experience that changes  
one's emotional state to generate a  
Myg Moment or Buster Bam.





Word:

Hippocampus

Draw a picture of the word:





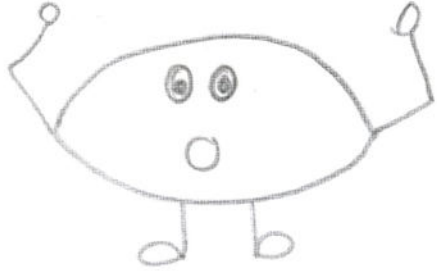


Word:

Flight

Draw a picture of the word:








Word	Meaning	Picture
Myg	Keeps a look out for dangerous or uncomfy things.	
Buster	Keeps a lookout for things that seem awesome.	
Ms. Hipp	The brain's library, where personal memories are stored.	







Word	Meaning	Picture
gentle emotion	The minimal or subdued experience of an emotion.	
strong emotion	The intense experience of an emotion, which can lead to feeling out of control.	
reaction	Decision and/or action made without prior consideration of various options and their consequences.	







Word:

impulse

Definition: An internal urge  
that, if followed, leads  
to action.

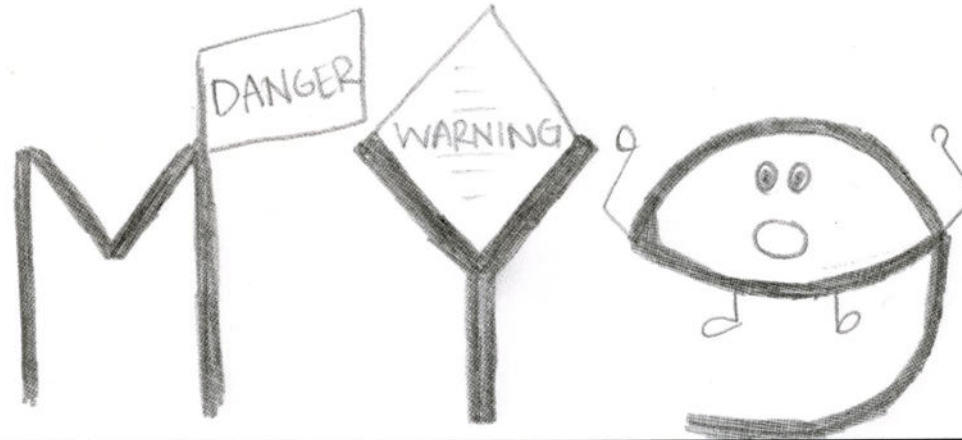
Use the word in a sentence:

When I saw the tray of rice  
crispy treats sitting on the kitchen  
counter, I felt the impulse to grab  
one before anyone noticed.

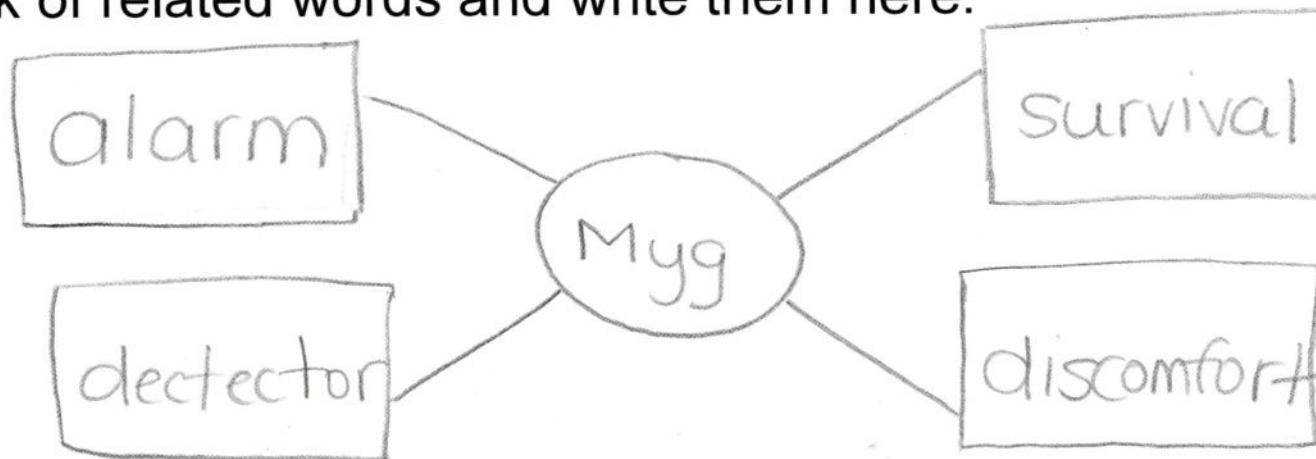




Draw the word in a way that will help you remember its meaning:



Think of related words and write them here:





Word:

Taming Tool

This word reminds me of:

tutoring  
for the  
brain

going from  
Wild  
to  
calm

puppy obedience  
School





Word 1:

Seek

Word 2:

avoid

How are they similar?

- 1 They are both impulses.
- 2 They both help to keep me alive.
- 3 They both come from the feeling brain.

How are they different?

- 1 "Seek" is to obtain something while "avoid" is to stay away from something.
- 2 I seek reading and I avoid doing mixed fractions.
- 3 "Avoid" leads to fight, flight, or freeze, and "Seek" leads to grab-and-gulp.







Word:

Buster Bam

Draw a comic showing what the word means:





## Brain Talk

Word

Amygdala



Definition:

An almond shaped cluster of neurons located within the limbic system which is activated by fearful stimuli.

Word *Pleasure and Reward Circuit*



Definition:

A set of structures located within the limbic system, which is activated by potential opportunities for pleasure and rewards.

Word

Hippocampus



Definition:

The structure within the brain that is responsible for storing personal, episodic memories.

