

BRAIN BASICS



SURVIVAL BRAIN

Helps with...

- Heart rate, breathing, sleep, hunger & body temperature
- Survival reflexes (eg. pulling your hand away if you touch something burning hot)
- Movement
- Keeping safe if there's danger

EMOTIONAL BRAIN

Helps with...

- Emotions & feelings
- Remembering things
- Keeping safe if there's danger

THINKING BRAIN

Helps with...

- Talking, reading & writing
- Making smart choices & solving problems
- Imagination & creativity
- Thinking clearly
- Managing tricky emotions