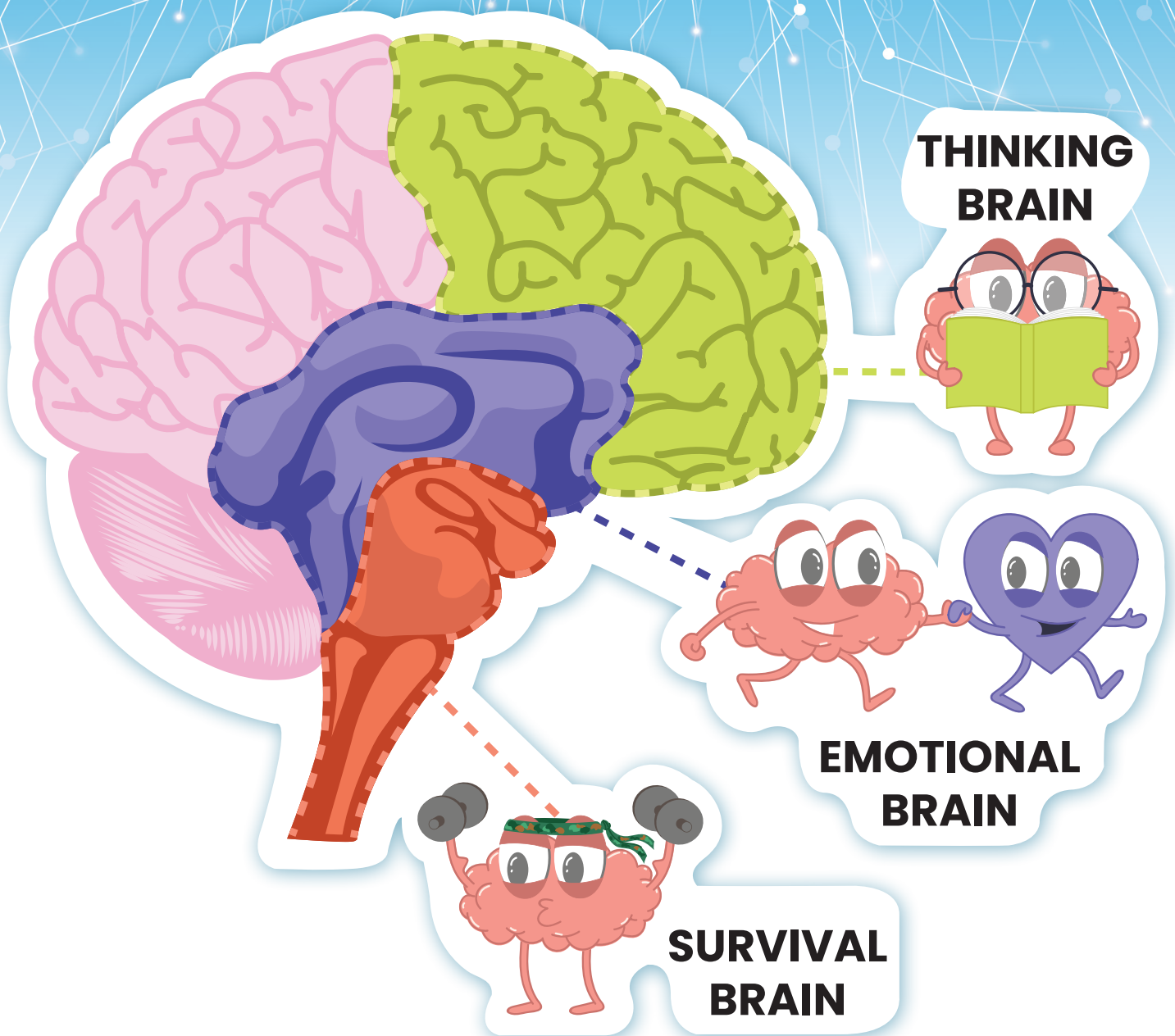


# BRAIN BASICS



# SURVIVAL BRAIN



## Helps with...

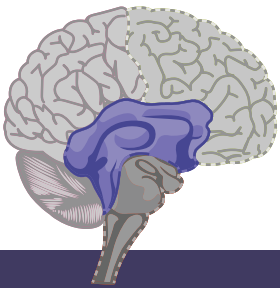
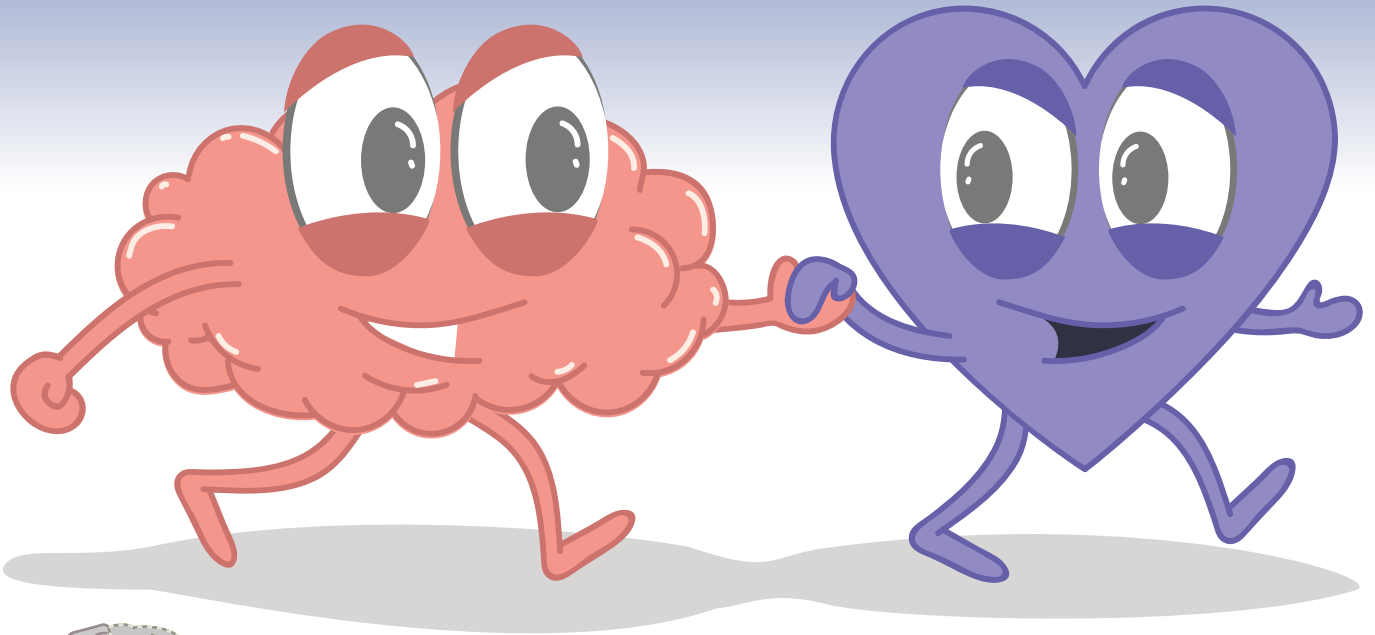
Heart rate, breathing,  
sleep, hunger & body  
temperature

**Survival reflexes**  
(eg. pulling your hand away if you  
touch something burning hot)

**Movement**

**Keeping safe if  
there's danger**

# EMOTIONAL BRAIN



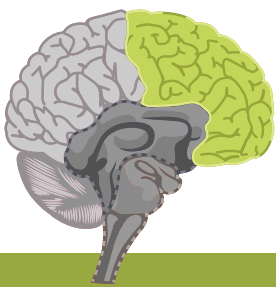
Helps with...

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