

What's Happening In My Brain Today?

Can you spot your brain right now?

Hi! I'm Alex!
I'm your
Amygdala.
My job is to
keep you safe.



Let's Learn

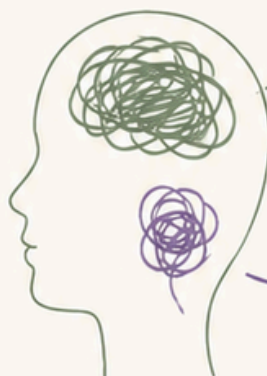
Sometimes our brains become really busy.

When we feel calm, our Wise Brain helps us think, learn and solve problems.

When we feel worried, angry or frightened, our Alarm Brain takes over to keep us safe.

Neither brain is bad – they just have different jobs.

The more we notice which brain is in charge, the better we can understand ourselves.



My Wise Brain

Helps me think,
plan and solve
problems.

My Alarm Brain

Looks for danger
and tries to
keep me safe.



Today's Check-in

Which brain is leading right now?

- ☐ My Wise Brain
- ☐ My Alarm Brain
- ☐ A little bit of both

How do I know?



My Body Is Telling Me...

Where do you feel it in
your body today?
Draw or colour it in.



Today What Helped?

Tick anything that has helped you today.

- ☐ Walking
- ☐ Talking
- ☐ Drawing / being creative
- ☐ Listening to music
- ☐ Time outside
- ☐ Deep breaths
- ☐ Drinking water
- ☐ A trusted adult
- ☐ Something else...



Reflection

Today I learned...

Something I can remember
next time...



Remember...



Your Alarm Brain is trying to protect you.



Your Wise Brain helps you solve problems.



Both brains are part of you.



The more you practise noticing them,
the stronger your Wise Brain becomes.

