

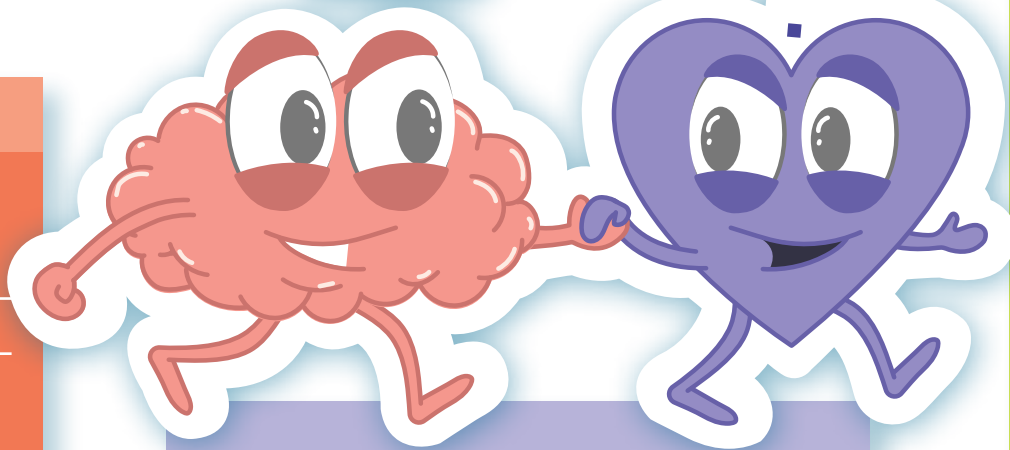
# BRAIN BASICS



## 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



## SMART BRAIN

Helps with...

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



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