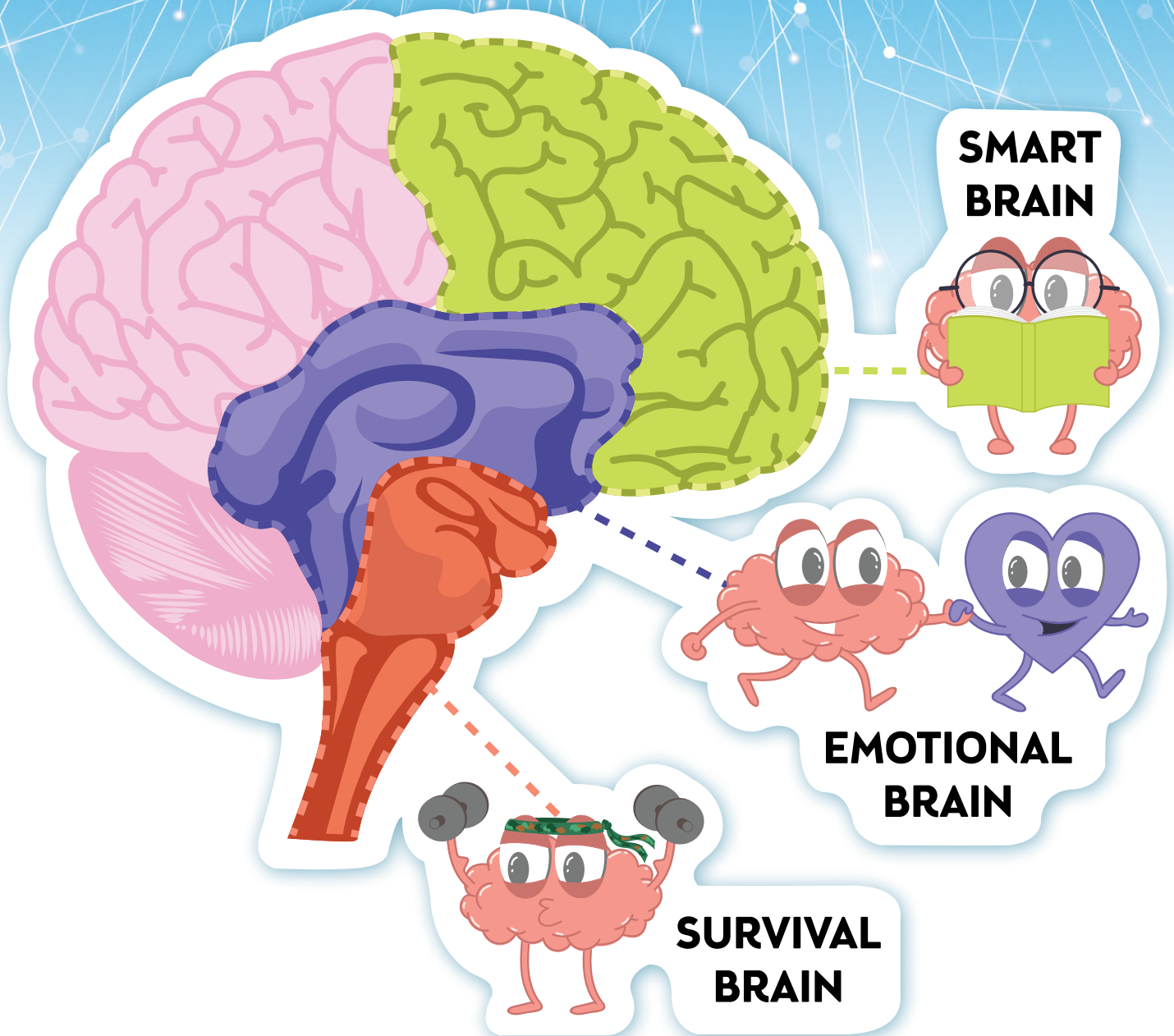


BRAIN BASICS



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

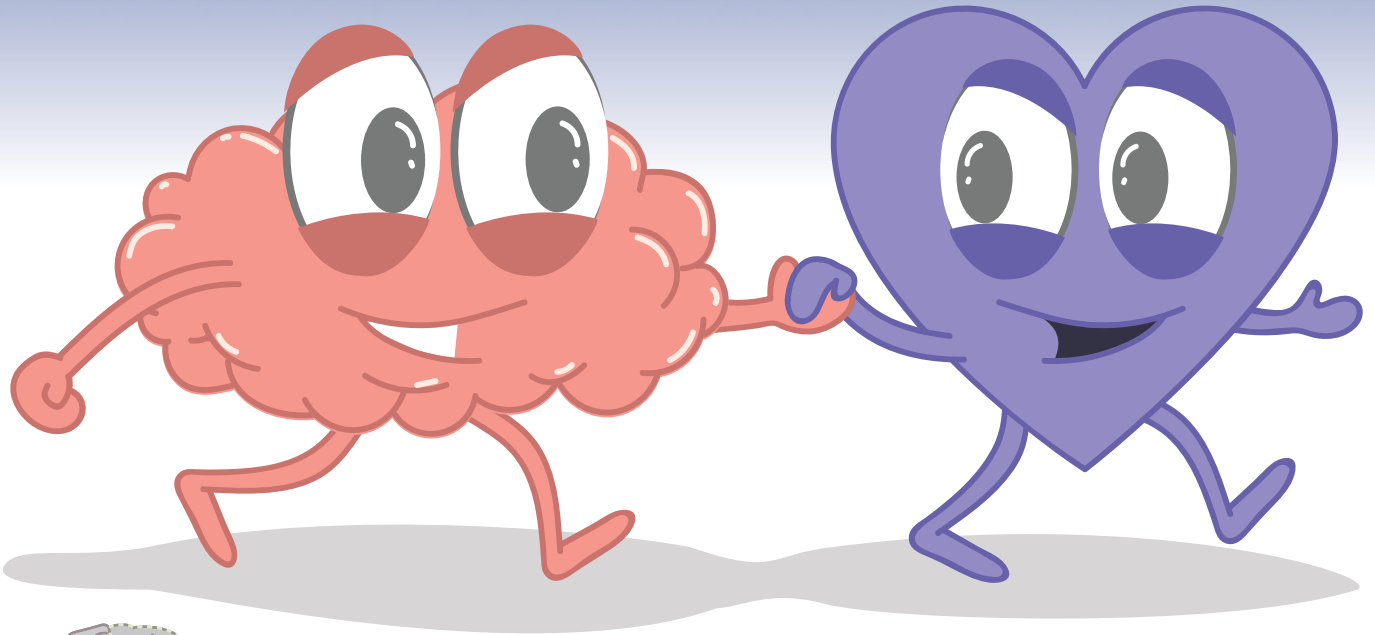
**Keeping safe if
there's danger**



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EMOTIONAL BRAIN



Helps with...

**Emotions
& feelings**

**Remembering
things**

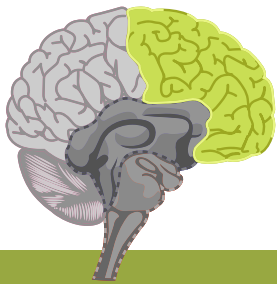
Keeping safe if there's danger



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SMART BRAIN



Helps with...

**Talking, reading
& writing**

**Making smart choices
& solving problems**

**Imagination &
creativity**

**Thinking
clearly**

**Managing tricky
emotions**



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