SEL · GROWTH MINDSET · GRADES 3–5

Meet Your Brain

Match five brain parts, like the amygdala and the hippocampus, to what they do, and see how your brain learns and handles big feelings.

Name: _____ **Date:** _____



When you learn and feel, messages zip between the parts of your brain. Here are five parts that help you learn, remember and handle big feelings.

Draw a line from each brain part to what it does.

amygdala ●	● helps save new memories, like a library
prefrontal cortex ●	● runs your breathing and heartbeat without you thinking about it
hippocampus ●	● the alarm that reacts to danger and big feelings
neurons ●	● nerve cells that send messages to each other
brain stem ●	● the “thinking boss” behind your forehead that plans and makes choices

When you take a deep breath, your thinking boss can calm your alarm. When could that help you?

_____

_____

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ANSWER KEY · GROWTH MINDSET · GRADES 3–5

Answer Key: Meet Your Brain

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



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