

Introduction



**I learned about 3
parts of my brain...**

Conclusion

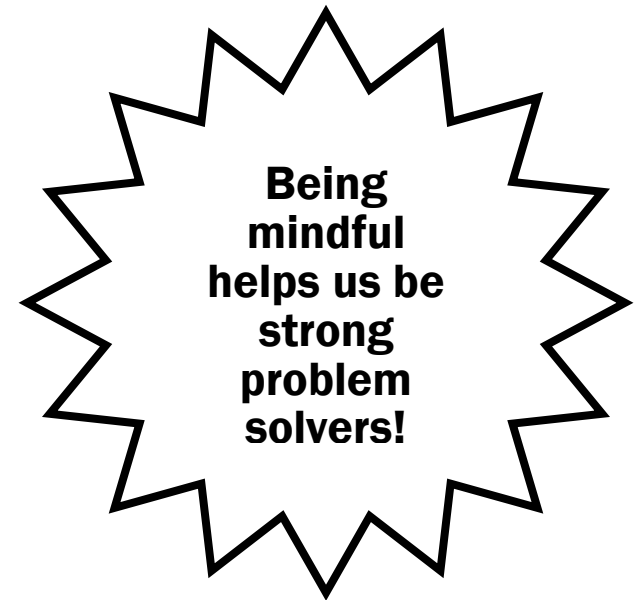
1. Amygdala:

2. Hippocampus:

3. Pre-frontal cortex:

**A memory in my
hippocampus is...**

**I can solve that
problem with an I-
message...**



A problem with someone else that sometimes gives me big feelings is...

I can calm down my big feelings by...

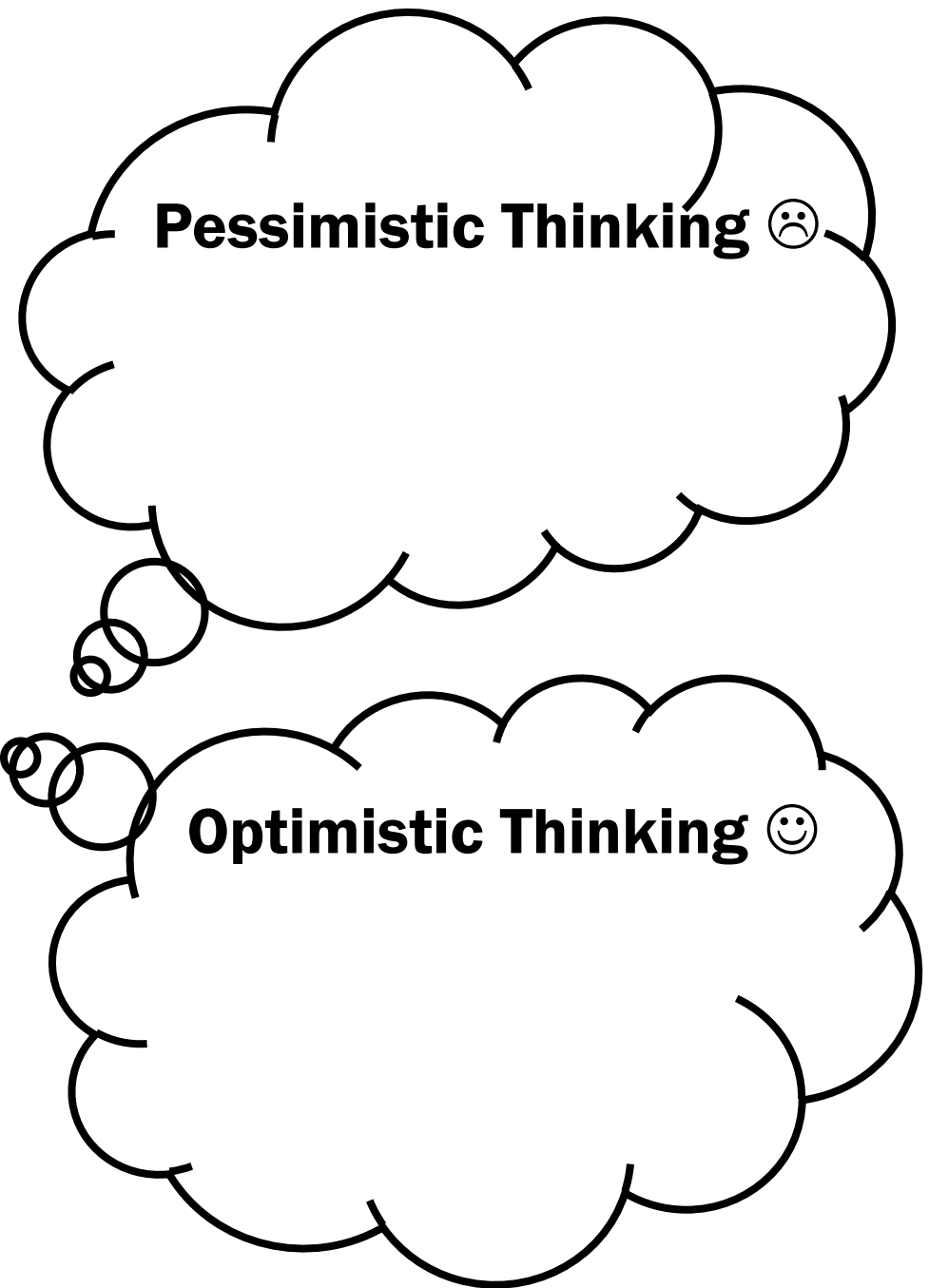
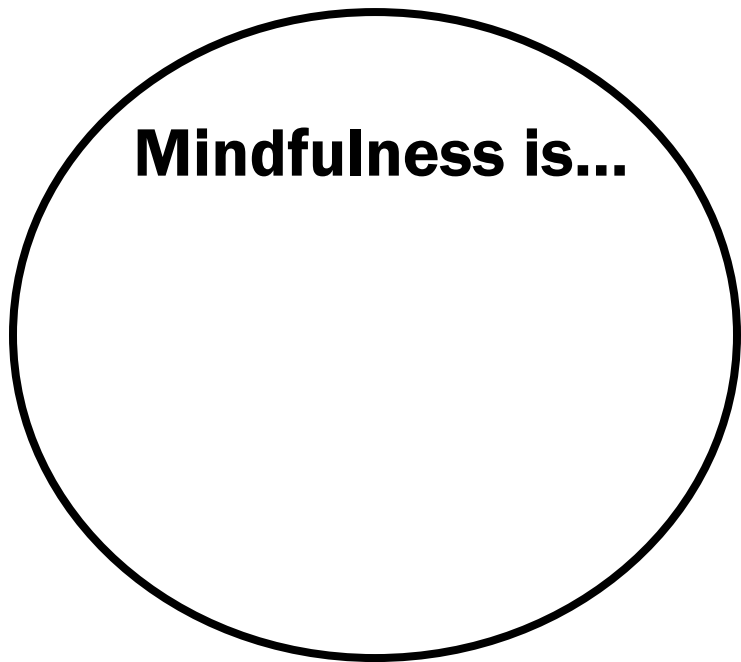
1.

2.

3.

A large, empty rectangular box with a black border, intended for a drawing or written response.

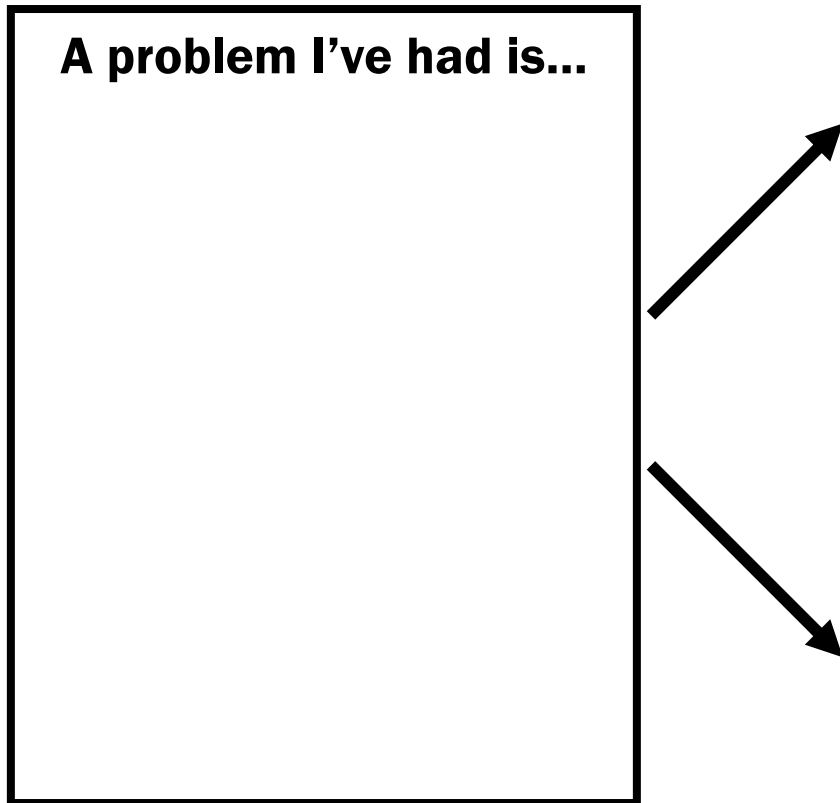
Unmindful Me



Optimistic thinking can help us be mindful too.

Mindful Me

A problem I've had is...





**Belly breathing
helps us be mindful!**

During Belly Breathing

Before Belly Breathing

After Belly Breathing

