

Mindfulness Week 1

By learning how their brains respond to stress and by practicing strategies for quieting their minds, students become better at self-regulation, increase their capacity for absorbing information and improve their relationship skills.

In week 1 your child will learn how to identify three parts of the brain, the amygdala, the hippocampus and the prefrontal cortex (PFC) on a diagram of the brain.

Ask your child if they can name the three parts of the brain and point to their own head to identify where they are located.

Ask your child to explain to you the purpose of each part of the brain. Try to come up with some situations together when each part of the brain would go into action.

Helping Information for you

The amygdala is a pair of almond shaped structures that reacts to fear, danger and threat. The amygdala regulates our emotional state by acting as the brain's "security guard," protecting us from threats. When we use only our amygdala we go into flight, fight or freeze mode causing us to be unable to make clear decisions.

The hippocampus is two crescent shaped bodies that reside in the central brain area, one behind each ear, in the temporal lobes. It assists in managing our response to fear and threats and is a storage vault of memory and learning.

The prefrontal cortex is the learning, reasoning and thinking center of the brain. It controls our decision making, focuses our attention and allows us to learn to read, write, compute, analyze, predict, comprehend and interpret.

Have fun learning about the brain!!



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