

# Mindfulness and the Brain – How to Explain It to Children

## Amygdala “The Jumpy Superhero”

Tries to protect us at all costs, but often mistakes stress for real threats and stops the Prefrontal Cortex from getting the information it needs to help us make good choices. When the Amygdala is calm, it gives the PFC what it needs.



## The Brain

## Prefrontal Cortex “The Smart One”

Figures out stuff for us and helps us make good, well balanced choices. The PFC also sends and retrieves memories to and from the Hippocampus. When the Amygdala is upset, the PFC cannot help us.



## Hippocampus “The Librarian”

The Hippocampus stores and recalls memories. When the Amygdala is upset, poor Hippocampus cannot store memories or properly bring them to mind.



## Mindfulness To The Rescue

Mindfulness helps us to calm down, and this, in turn, calms the amygdala so that it allows the information flow to the prefrontal cortex—that part of our brains that helps us make good choices. When we're calm, we can more easily be mindful and make good choices.



# Explaining The Brain

**EW Minium**



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