

The Animals in my Brain

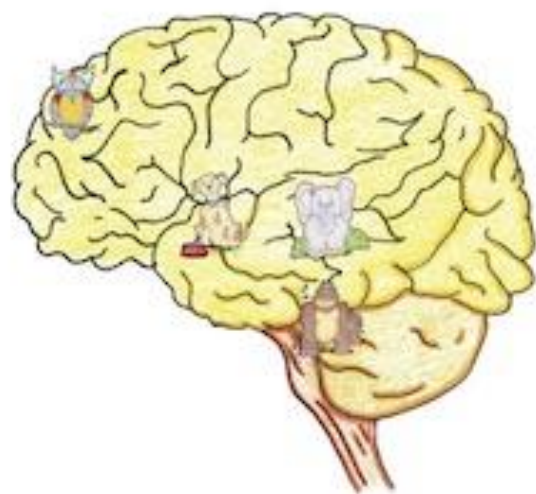
sarahjoseph.ca



Derik the Guard Dog, our *Amygdala*, barks to warn us about danger and makes us act fast.



The Wise old Owl our *prefrontal cortex* helps us solve problems and make plans. He flies away when Derik barks.



How can you calm Derik the Guard Dog?

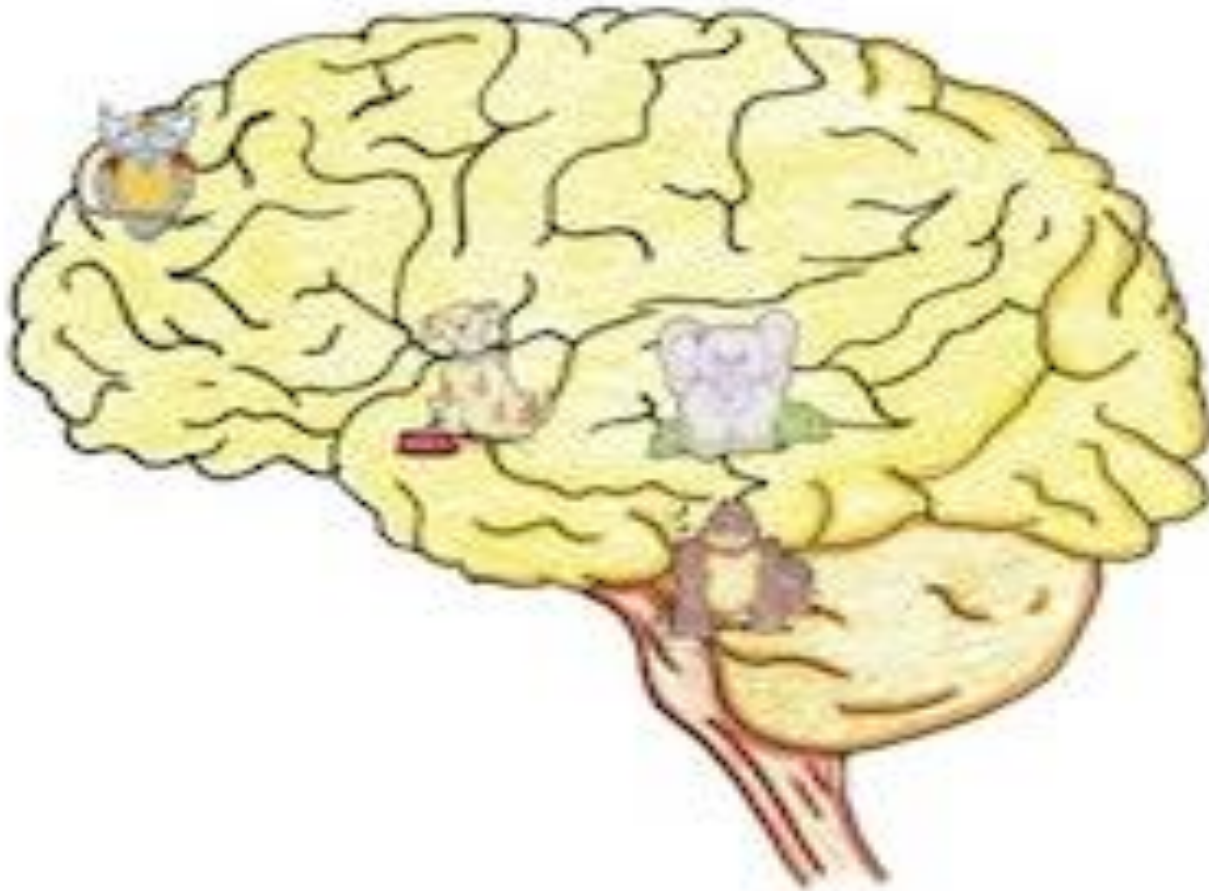


Elsa the Elephant our *Hippocampus* helps us learn and remember unless she's scared away by Derik's barking.



Anthony the Ape our *fight, freeze or run response*. When Elsa and The Wise old Owl leave, Anthony's in charge and things don't go so well.

Our Brain



Derik the Guard Dog



Derik the Guard Dog, our Amygdala, barks to warn us about danger and makes us act fast.

Elsa the Elephant



Elsa the Elephant, our Hippocampus helps us learn and remember, unless she is scared away by Derik's barking

The Wise old Owl



The Wise old Owl, our prefrontal cortex helps us solve problems and make plans. He flies away when Derik barks.

Anthony the Ape



Anthony the Ape, our fight, freeze or run response. When Elsa and The Wise old Owl leave, Anthony's in charge and things don't go so well.

Derik the Guard Dog



Derik the Guard Dog is always on the job. He alerts us to anything dangerous. He is really good at warning us about things that might hurt us and helps us act fast. When he thinks something dangerous is about to happen he barks and wakes up Anthony the Ape.

Anthony the Ape



Anthony the Ape makes us do one of 3 things when Derik thinks we are in danger; fight, freeze or run.

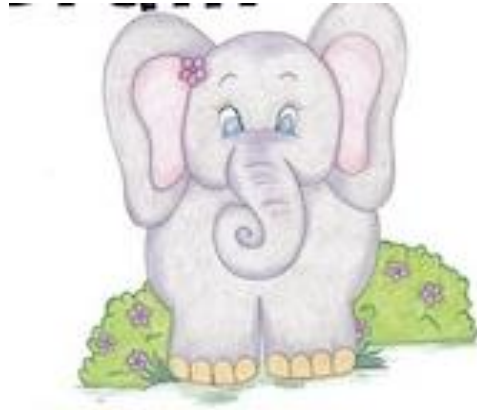
If I was out walking and I saw a bear, Derik and Anthony would help me stay still and back away slowly.



Derik is a lot like a puppy. He has a hard time understanding which things are a real danger and which things are just annoying, like when a sibling is annoying us.

Derik thinks that we are going to get hurt by our sibling annoying us so he starts barking. That wakes Anthony up and he makes us protect ourselves by acting fast without thinking.

Elsa the Elephant



Elsa helps us to learn and remember things that are important. Elsa has big ears to help us listen so that we can remember things

The Wise old Owl



The Wise old Owl is super smart and helps us do things like solve problems, focus on what is important, understand what we read and make friends. The Wise old Owl helps us with a lot.

When Derik thinks something is going to hurt us he starts barking and it scares the Wise old Owl and Elsa the Elephant away



When Derik and Anthony are the only ones around, things don't usually go so well.



When Elsa is scared, we don't hear, learn or remember things very well.

When the Wise old Owl flies away, we tend to do and say things that aren't so nice.

This can happen when things scare us, or make us nervous.

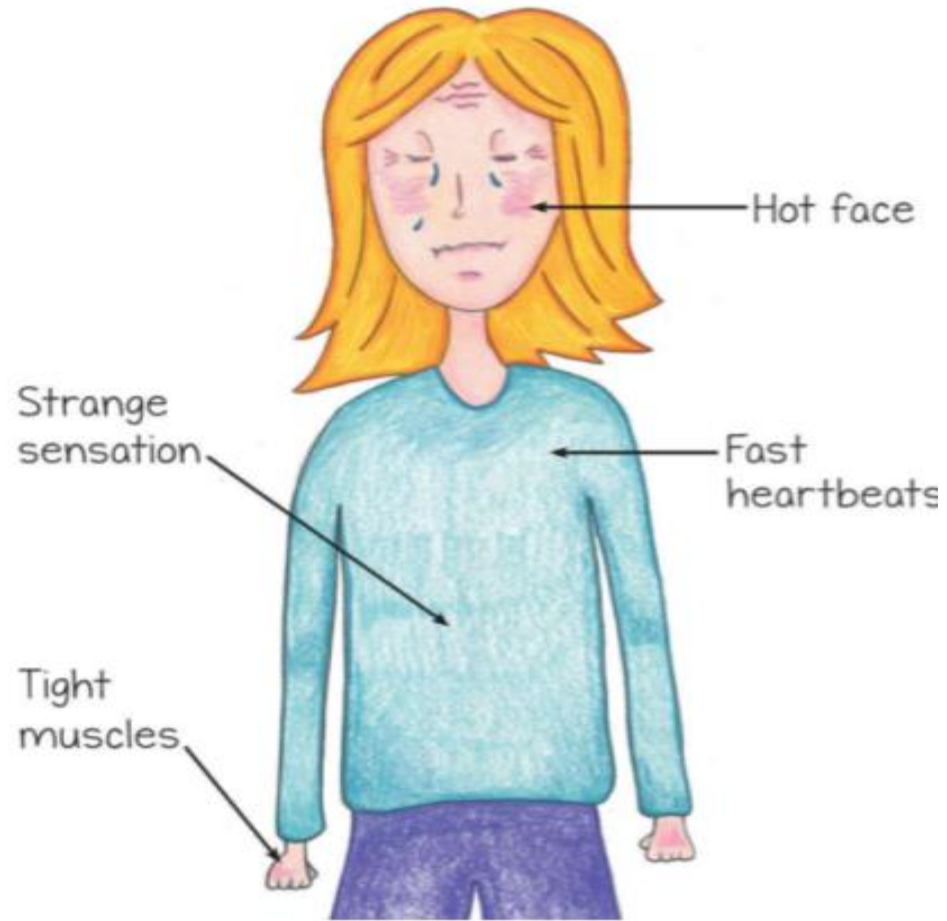
When we stand up in front of a class, we might freeze and forget what we were going to say.

When someone is annoying us, we might want to fight and throw things at them.



- When Derik the Guard Dog is barking, we can feel it in our bodies. Our face might get hot, our heart might beat faster, our tummy might feel strange, and our muscles might get tight. We might feel ready to run or like we are going to

EXPLODE



Hot face

Fast heartbeats

Strange sensation

Tight muscles

When we feel like this, we can try taking some belly breaths. This will get the animals in our brains working together again.



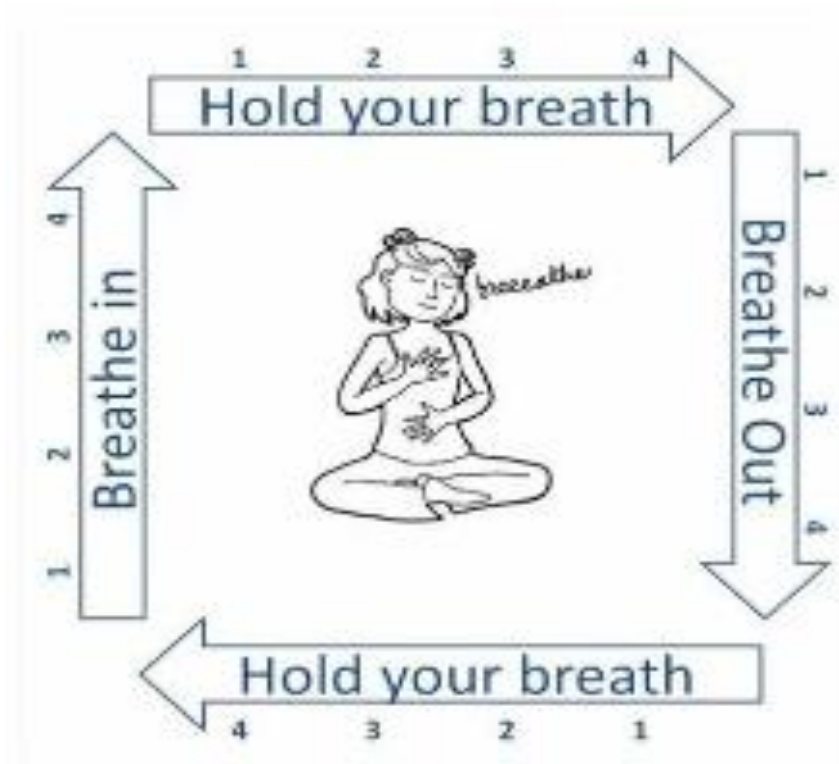
The best thing we can do when Derik the Guard Dog starts barking, is to take a break from what we are doing and do some belly breaths.

Here is how it works:

You take a big breath in through your nose and make your belly get big like a ballon. Then, you blow it all out of your mouth, like you are blowing out a candle.



For some reason this helps Derik stay calm and keeps Anthony sleeping, so Elsa can help us remember what to do and The Wise old Owl can help us solve any problems.





The Animals in my brain

