

Create your own
BRAIN
TEAM

My Prefrontal
Cortex Thinkers:

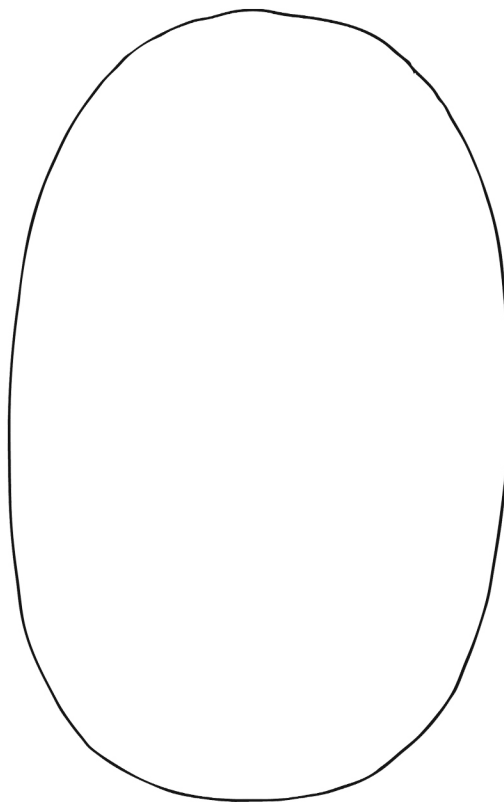
Calming _____:
promotes feeling calm,
serene, and relaxed.

My Amygdala
Feelers:

Lookout _____:
is always prepared,
alert, and looking
out for any possible
danger.

Fearful _____:
is constantly worrying
'just in case'
something
could go wrong.

Security _____:
takes charge of the
situation to protect
against threats.



Problem-Solving

finds solutions
to problems to help
make good decisions.

Imagining

visualizes ideas
in pictures, is super
creative, imaginative,
and easy-going.

Empathetic

is compassionate,
accepting, open,
and grateful for little
things.

*Draw yourself in the middle and find names
for the members of your brain team.*



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