**Mindfulness Meditation**

**Fun Brain Facts**



**Mindfulness Meditation**

**Fun Brain Facts**

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| PFChttps://lh6.googleusercontent.com/fhgopSgrSNSwD7Wr2lqLCHdyPWWR63MZRV7XTvXGtYTjOXhQeq3uw82gf7WKbSxT-dPmL7QypxcPS13wfU5fK0INb05WNAzScjmqOowBP5HESNyhrypSU7EjUg0cixPotEYzQA2f**WISE LEADER** | \*Right behind our forehead\*Helps us make good choices |
| Amygdalahttps://lh4.googleusercontent.com/gNVnIk9_qy0xomRLQa1olFLXD3pJ1JNHc0hxdy4q6H8N9monzsFP1A_ZQK2R7_tK2mohFCcmE1mHr6iKNjinnsIeHfiT7z60X05fFS0mE8_GzR58l3S4DCMynhMNbHTWqoibLXQC**SECURITY GUARD**  | \*Warns us of danger\*Keeps us safe\*Helps us express our feelings |
| Hippocampushttps://lh6.googleusercontent.com/aKbQ0ANix8KA0ZPz1X1P-0wqP5vgcpqxYy2KJKNeCICff1P2zbgyqf-KEa9OssGGmCYzj8PtsWu6TW5iGIOsvv242Cz0FjPfTcd4YbATCcC2MCCWa7Pt9ahKenvIhls3WqQ2l3iE**MEMORY KEEPER**  | \*Stores memories\*Helps us remember our friend’s names |