



MEET YOUR BRAIN

Activity Guide 1

Meet Team H-A-P

Key stage 2 • Years 3 - 6

ACTIVITY 1: Meet Team H-A-P

Learning objective:

- ▶ That children understand the three key parts of the brain, and what they do.

Learning approach:

We encourage you to introduce Team H-A-P using the following explanation:

- ▶ There are three key parts of their brain; the Hippocampus, Amygdala and Prefrontal Cortex. We call them Team H-A-P for short.
- ▶ **Hippocampus** - is like a scrap book storing our memories and things that we learn.
Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by fighting, freezing or flighting!
Prefrontal cortex - Helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.
- ▶ We can be at our best when Team H-A-P are working together.
- ▶ When we feel stressed or worried, Team H-A-P cannot work well together and our Amygdala will take over and cause us to react (without thinking) rather than respond (assessing our actions before we take them). This happens because our oxygen supply goes straight to the Amygdala, which shuts down the Prefrontal cortex and Hippocampus, and the functions that they help us to perform.

We have provided you with a printable Team H-A-P activity PDF for your child to complete, with your help, if necessary.

We'd love to see photos of the activities in action! Why not share your pictures at:

