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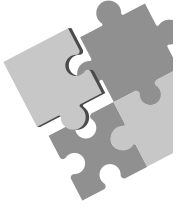
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# My amazing brain!



## Prefrontal cortex (PFC)

Helps us to focus, solve problems and think carefully. It also helps us to manage strong feelings and emotions.



## Insula

Helps us to notice how our body feels and how emotions feel in the body.



## Anterior cingulate cortex (ACC)

Helps us to monitor our thoughts, feelings and actions. It also helps us to ignore distractions.



## Ventral striatum (VS)

Helps us to notice, enjoy and do things that make us feel happy.



## Amygdala

When we feel scared, worried or in danger, the amygdala acts like an alarm ringing a warning.



## Hippocampus

Helps us to learn and remember things, including how to manage our emotions.



Different parts of the brain work together, like a team!



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