



S-C Brain Science–3: Meet Your Amygdala

Handout 1.4.3



Get Started:

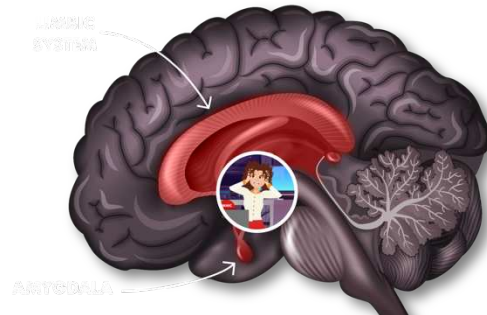
Amy (for **AMY**gdala) is like the emotional control panel for Ze's brain.

- What are some things Amy might react to in Ze's life?

Reflection/Application: Understanding Amy & The Stress Response

1. The amygdala is in the _____.

- Frontal Lobe
- Limbic System
- Prefrontal Cortex
- Brain Stem
- Hypothalamus
- All of the above

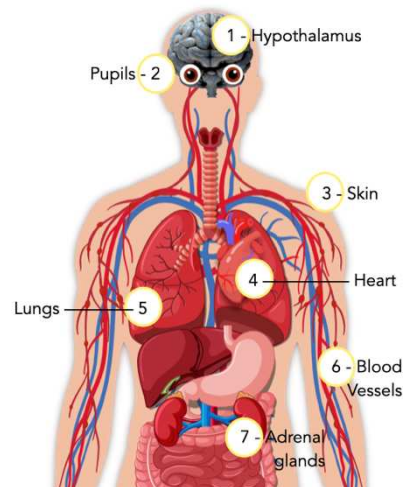


2. Can you relate to feeling stressed when giving a presentation? What are some of the physical indicators of stress?

3. What happens during the stress response?

Match the letters to the numbers:

- Triggers adrenal glands
- Releases adrenaline & cortisol
- Beats faster
- Breathes harder
- Widens for blood flow
- Dilates
- Sweats



Self-Reflection Question:

- How could understanding the stress response be helpful?



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Handout 1.4.3, cont'd.

Review & Application Activity: Guess Who?



EXE @ Prefrontal Cortex **RATIONAL CONTROL CENTER**

Oversees:

- Planning & organization
- Goal setting & achieving
- Purposeful decision-making
- Time management
- Self-motivation
- Cooling emotions
- Kindness & compassion

AMY @ Amygdala **EMOTIONAL IMPULSE CENTER**

Triggers:

- Strong emotions (anger, stress, fear, jealousy)
- Impulsive decision-making
- Panic and stress response
- Angry/frustrated outbursts
- Risky choices
- Regretful behavior



Who would most likely... (EXE or AMY)?

- Distract you in class?
- Gossip?
- Keep an agenda/schedule?
- Forgive someone?
- Get a speeding ticket?
- Say something thoughtful to someone?
- Get you in trouble?
- Help you calm down?
- Inspire you to do your best job?
- Forget to study?
- Play hours of video games?
- Punch someone/something?
- Study for a test?
- Talk you out of a risky decision?
- Text something mean?
- Be a good, reliable friend?

Self-Reflection Question:

- Given the "Guess Who?" examples, what do you think can happen when your "Emotional Me" makes most of the decisions? Can you think of an example from your own life?
- What happens when your "Rational Me" is in charge? Can you think of an example?
- When your "Emotional Me" is feeling out of control, what helps you switch back to a more rational perspective?