



**Objectives:** Students will be able to:

- 1) Label and identify the amygdala and limbic system.
- 2) Describe and differentiate amygdala functions.
- 3) Understand the physiology of the stress response.
- 4) Apply brain science to managing emotions.

**MATERIALS NEEDED:** Handout 1.4.3

	<p><b>Video – S-C Brain Science, Pt 3: Meet Your Amygdala</b>  <b>[PLAY]</b> video introducing “Amy” for amygdala. Amy is representative of the “Emotional Impulse Center” headquartered within the brain’s limbic system. Like the limbic system, she’s quick to respond to anything invoking emotions (e.g., anger, fear, happiness) and can trigger the “stress response” if fearful. “Cort” (for cortisol) symbolizes the stress hormone that comes with the stress response. “Exe” (for executive functions) can help soothe Amy if she’s being irrational and/or help Ze think through possible solutions.]</p>	<p>5 min</p>
	<p><b>Meet Amy (for AMYgdala) &amp; Brain Anatomy Question [Handout 1.4.3]</b>        [After watching the video, <b>CLICK</b> to next slides and ask students:]</p> <ul style="list-style-type: none"> <li>• <b>What are some things Amy might react to in Ze’s life?</b>  <b>[Possible answers:</b> anything that invokes emotions, e.g., running from danger, a confrontation, test anxiety, good news, happy events.]</li> <li>• <b>The amygdala is in the _____.</b> <b>[Answer: b. Limbic System]</b></li> </ul>	<p>4 min</p>
	<p><b>Understanding the Stress Response</b>        [Ask students:]</p> <ul style="list-style-type: none"> <li>• <b>Can anyone relate to feeling stressed when giving a presentation? What are some of the physical indicators of stress?</b> [Encourage students to share the physical sensations they experience when stressed, and then <b>CLICK</b> for a summary of stress response physiology.]</li> <li>• <b>What happens during the stress response? Match letters to the numbers.</b>  <b>[Answers: a=1; b=7; c=4; d=5; e=6; f=2; g=3]</b></li> </ul>	<p>4 min</p>
	<p><b>Meet CORT (for CORTisol)</b>        [CORTisol is the stress hormone released during the stress response. Ask:]</p> <ul style="list-style-type: none"> <li>• <b>How could understanding the stress response be helpful?</b> [Similar to sports psychology, the stress response can be used to heighten physical abilities—if it is used effectively. If not, it can be derailing and unhealthy.]</li> </ul>	<p>2 min</p>
	<p><b>Activity: Guess Who – AMY or EXE?</b></p> <ul style="list-style-type: none"> <li>• <b>Who would most likely...</b> • Distract you in class? <b>AMY</b> • Gossip? <b>AMY</b> • Keep an agenda? <b>EXE</b> • Forgive someone? <b>EXE</b> • Get a speeding ticket? <b>AMY</b> • Say something thoughtful? <b>EXE</b> • Get you in trouble? <b>AMY</b> • Help you calm down? <b>EXE</b> • Inspire you to do your best job? <b>EXE</b> • Forget to study? <b>AMY</b> • Play hours of video games? <b>AMY</b> • Punch someone or something? <b>AMY</b> • Study for a test? <b>EXE</b> • Talk you out of risk? <b>EXE</b> • Text something mean? <b>AMY</b> • Be a good friend? <b>EXE</b></li> </ul>	<p>5 min</p>
	<p><b>Takeaway</b></p> <ul style="list-style-type: none"> <li>• <b>In summary, what happens when your “Emotional Me” makes most of the decisions? What happens when your “Rational Me” is in charge?</b></li> <li>• <b>When your “Emotional Me” is feeling out of control, how can you switch back to a more rational perspective?</b> <b>[SEE SLIDE.]</b></li> </ul>	<p>4 min</p>
	<p><b>Wrap Up</b></p> <ul style="list-style-type: none"> <li>• <b>Which part of our brain triggers emotions? Which part controls decision-making?</b> <b>[SEE SLIDE.]</b></li> </ul>	<p>1 min</p>