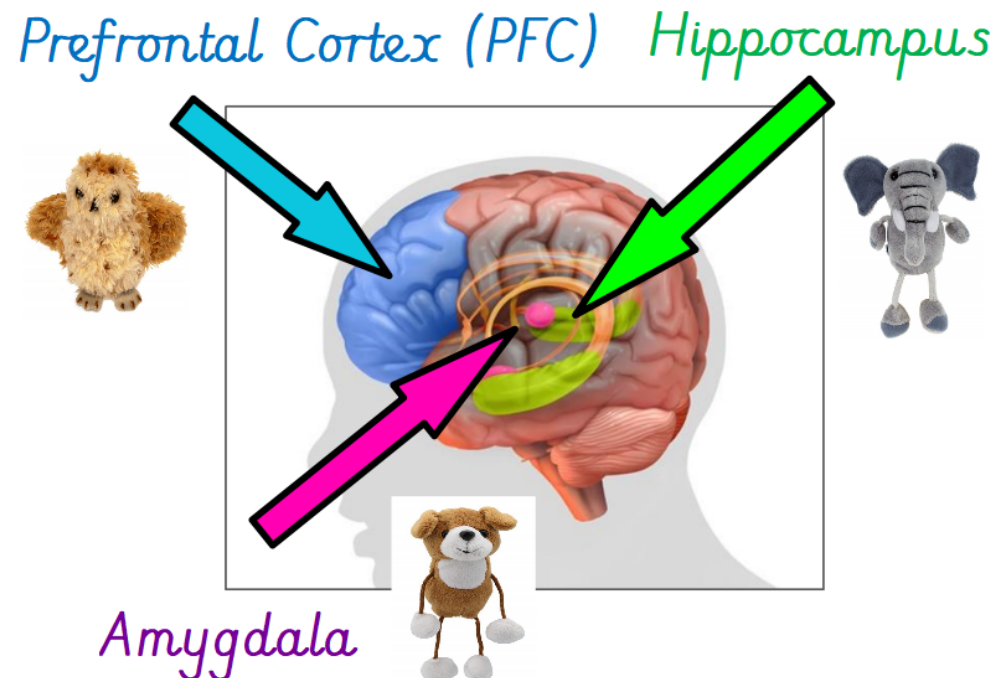


This week you are going to design our very own MIND UP corner. This is to remind us of how our brain works and the importance of being mindful.

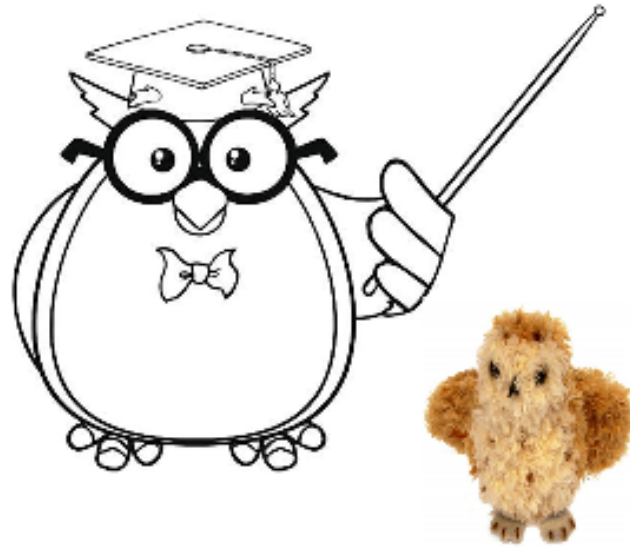
To start with, you are going to look into creating your own representations of the main parts of our brain: PFC (Prefrontal Cortex), Hippocampus and Amygdala. Below are the reminders of how these parts are represented in our classroom: PFC -the wise owl, Amygdala - the guard dog and Hippocampus - the elephant.

For this activity however, you may use your imagination and create you very own pictures, DIY puppets or figures made out of any material you find at home. Please, look at the examples below.

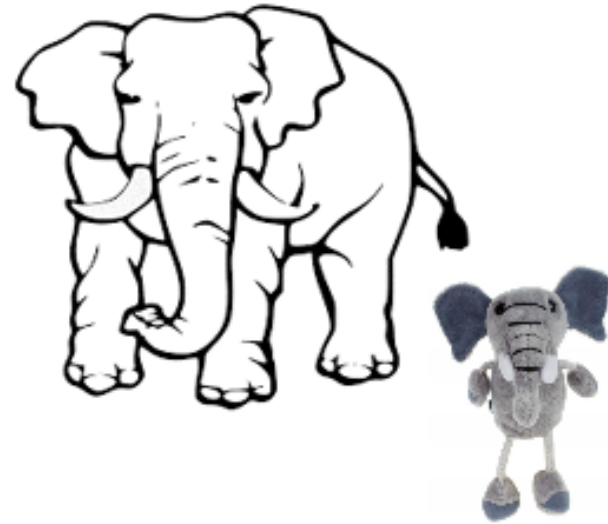
Once you complete your figures or pictures, please ask your parent/carer to take a photograph and send it to us, teachers. We know how imaginative you all are and we cannot wait to see your wonderful work!



Prefrontal Cortex  
(the wise owl)



Hippocampus  
(the elephant)



Amygdala  
(the guard dog)



