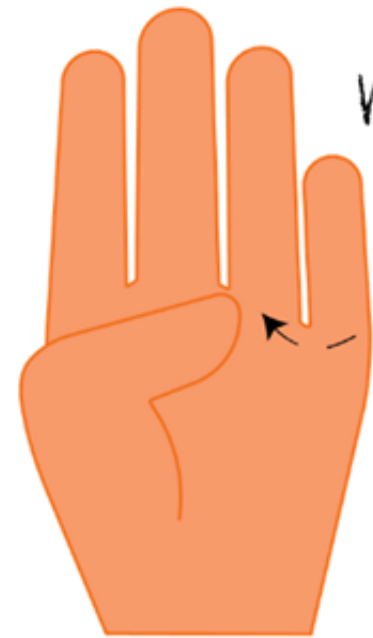
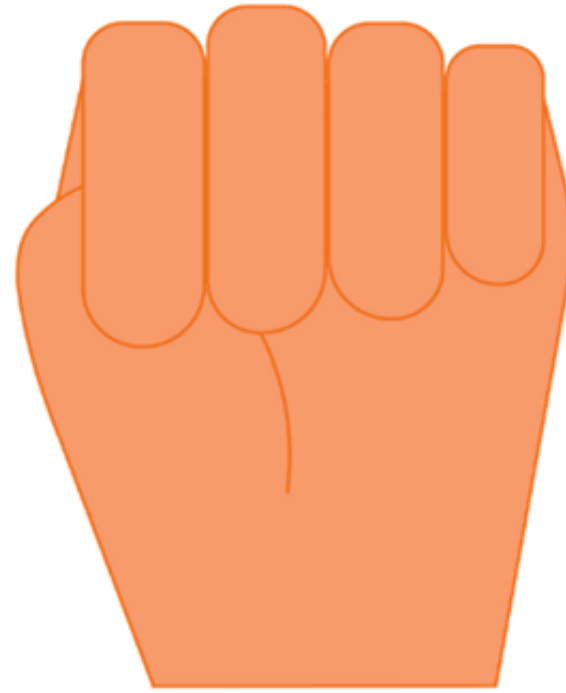


This is my **BRAIN!**

My fingers are my
PREFRONTAL CORTEX.



My thumb is my
AMYGDALA.



When I feel a **BIG** emotion,
I **FLIP MY LID!**

My amygdala is in charge.

If I take deep breaths,
my amygdala calms down.



My prefrontal cortex is in charge.