

How Your Brain Works - Explaining the Triune Brain





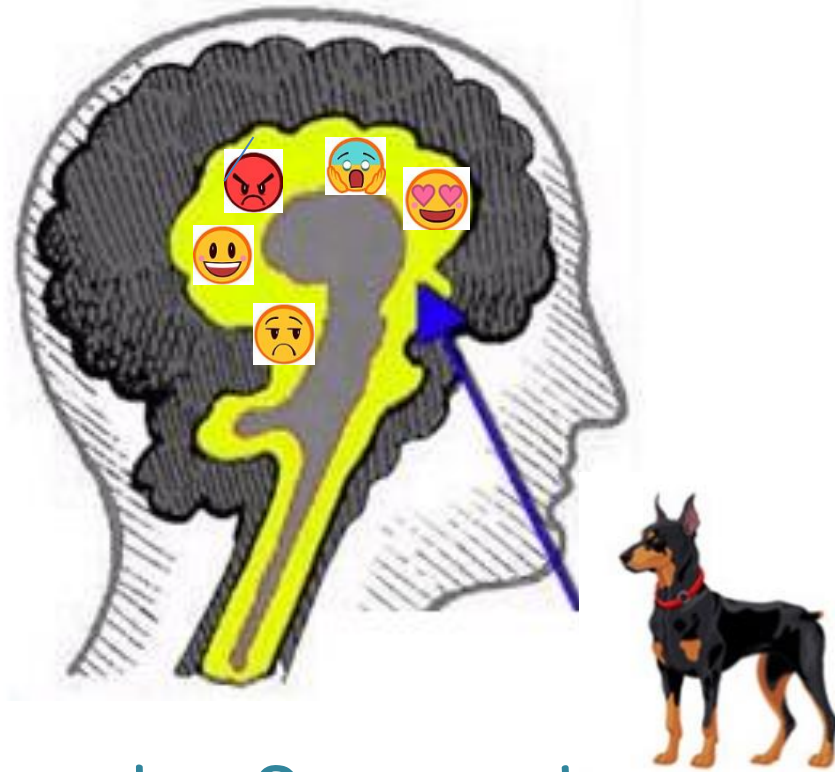
Your brain is divided into three parts, that have different but very important jobs.



The inside part of your brain is called the reptilian brain or dinosaur. Its job is to keep you safe.



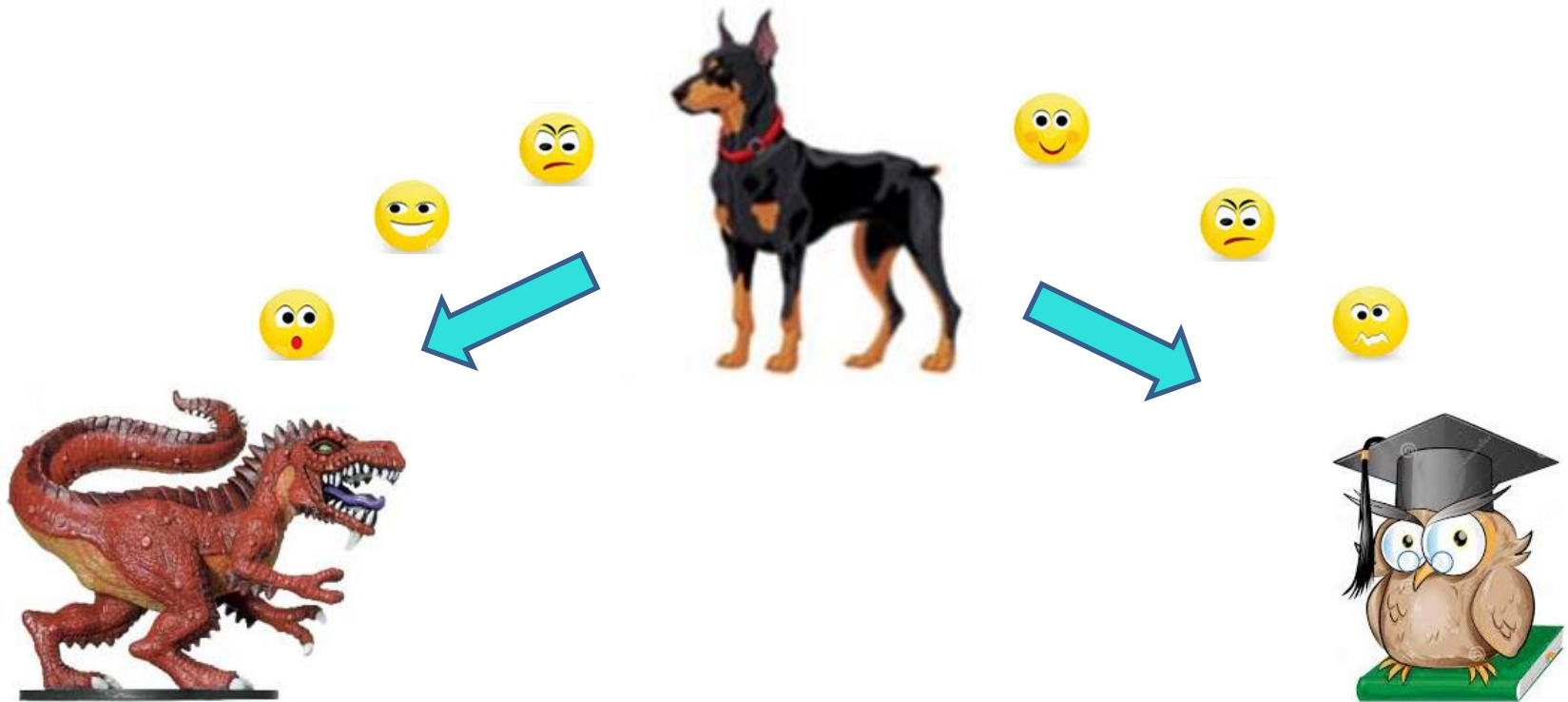
If the dinosaur part of your brain senses danger it will alert your body to fight or run.



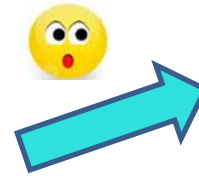
The middle part of your brain is called the limbic system or watchdog. Its job is to accept all of the feelings that you are having and decide what to do with those feelings.



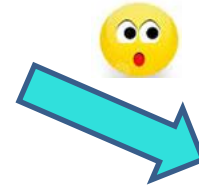
The outside part of your brain is called the neocortex or wise old owl. Its job is to do your best thinking and help your body to make good choices.



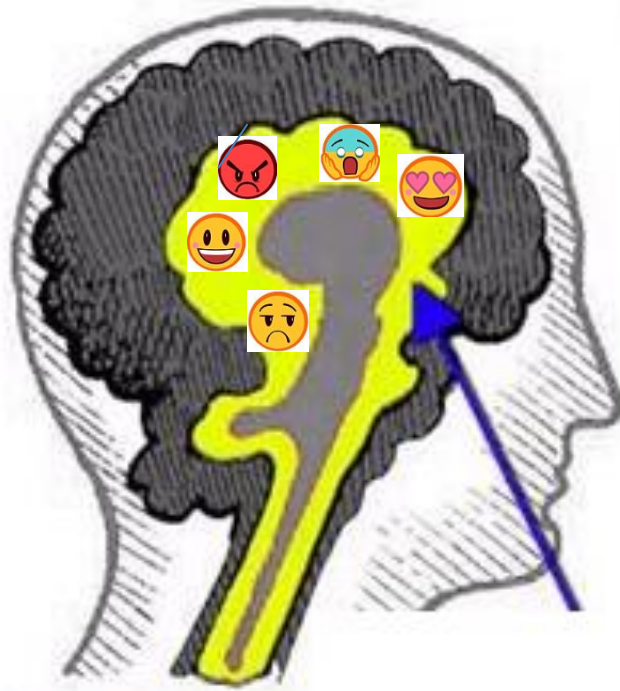
The watchdog part of your brain has an extra special job. It sends messages to the other parts of your brain about how you are feeling.



If your watchdog is feeling calm, it will send your feelings up to the wise old owl part of your brain who will tell your body to make good choices. 👍



If your watchdog is stormy, it will send your feelings down to dinosaur part of your brain who will tell your body to fight or run, even if you are not in any real danger. This can cause you to make some poor choices. 👎



In order to make good choices, it is very important to learn how to keep your watchdog calm .