

Our Wonderful Brains

1. How many layers can our brains be 'simplified' and divided into?
 - 4
 - 3
 - 8
2. Each layer of the brain can be associated with which three phases of evolution?
 - mouse, cat, dog
 - reptile, mammal, primate
 - dinosaur, guinea pig, rabbit
3. The Reptilian Brain (Brain Stem & Cerebellum) has which of the following core functions?
 - Regulating heartbeat, breathing, and other vital organs
 - Emotions, learning and memory, rewards and motivations
 - Regulating attention, feelings and desires, complex reasoning, abstract thoughts, imagination, language and empathy
4. The mammalian brain (subcortical region) has which of the following core functions?
 - Emotions, learning and memory, rewards and motivations
 - Regulating heartbeat, breathing, and other vital organs
 - Regulating attention, feelings and desires, complex reasoning, abstract thoughts, imagination, language and empathy
5. The primate brain (neocortex region) has which of the following core functions?
 - Regulating heartbeat, breathing, and other vital organs
 - Regulating attention, feelings and desires, complex reasoning, abstract thoughts, imagination, language and empathy
 - Emotions, learning and memory, rewards and motivations
6. When children feel: • wet • tired • thirsty • hungry • bored • angry or frustrated • feeling powerless or weak • feeling unsafe or threatened • feeling unloved, disconnected and invisible • feeling that no one cares
Which brain chemicals is released?
 - Adrenaline
 - Dopamine and Serotonin
7. How can we best support? Three top tips: