

Name: _____

Class: _____

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Our brain is made up of different parts. Every part has a special purpose. An area of the brain called the prefrontal cortex (or PFC) does the thinking and reasoning for us. Another area called the amygdala controls our emotions.

Normally, these different parts of the brain talk and communicate to one another. Our feelings are sent up to our thinking brain, and our thinking brain talks back to our emotional brain areas to keep them under control.

But when someone gets **really** emotional, a curious thing happens: chemicals released by our emotions shut down the signals between our thinking brain and our primitive brain. Our emotional monsters take control over us. We lose half our brain. It's like we become stupid.

This means that when people are most upset or angry, they aren't thinking clearly. The thoughtful part of their brain stops working. So if they say mean or upsetting things, we can't take what they say too personally. We have to remember that they aren't acting intelligently. They aren't thinking with their whole brain.

1. Can you remember a time when you were so upset you couldn't think clearly? When?

2. What happened after you calmed down? Did you still feel / act the same way?

3. If someone is emotional and dumping their anger on us, what can we tell ourselves to ease the pain?

