

MEET YOUR BRAIN

Activity Guide 4

Team H-A-P Meme Madness

Key stage 2 • Years 3 - 6

ACTIVITY 4: Team H-A-P Meme Madness

Learning objective:

- ▶ That children recognise stressful situations, what is happening to their brain, and that they can do something about it.

Learning approach:

Recap the earlier Activities - the three parts of the brain, and the fact that Happy Breathing can help us.

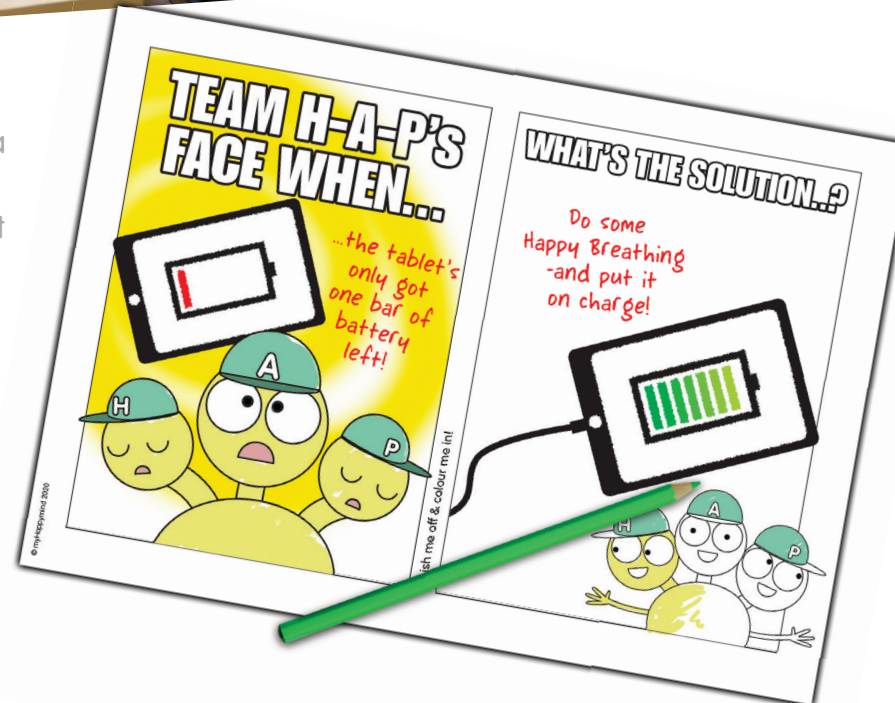
- ▶ There are three key parts of their brain; the Hippocampus, Amygdala and Prefrontal Cortex. We call them Team H-A-P for short.
- ▶ **Hippocampus** - is like a scrap book storing our memories and things that we learn.
Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by fighting, freezing or flighting!
Prefrontal cortex - Helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.
- ▶ When we feel stressed or worried, Team H-A-P cannot work well together and our Amygdala will take over and cause us to react (without thinking) rather than respond (assessing our actions before we take them). This happens because our oxygen supply goes straight to the Amygdala, which shuts down the Prefrontal cortex and Hippocampus, and the functions that they help us to perform.
- ▶ When our Hippocampus and Prefrontal cortex go to sleep, we can calm our Amygdala down by doing Happy Breathing.

In this Activity your child should make up their own Team H-A-P internet meme, based on the popular 'My Face When' or 'MFW' format. Here are a few of our favourite examples from the web:



What sort of stress could send the Hippocampus and Prefrontal cortex to sleep, leaving the Amygdala to get into a panic? And what can be done about it? Be sure to suggest a solution on the right hand side of the sheet.

Younger children will need some help with this Activity - but it's good fun to make up silly situations. Use our printable PDF template - we've done one example to get you started:



Top tips:

- ▶ This Activity can be as silly as you like!
- ▶ Happy Breathing is a great way to de-stress - but it's OK to suggest others too.
- ▶ Why not put your memes up on the wall - or send them to us on social media!

We'd love to see photos of the activities in action! Why not share your pictures at:

