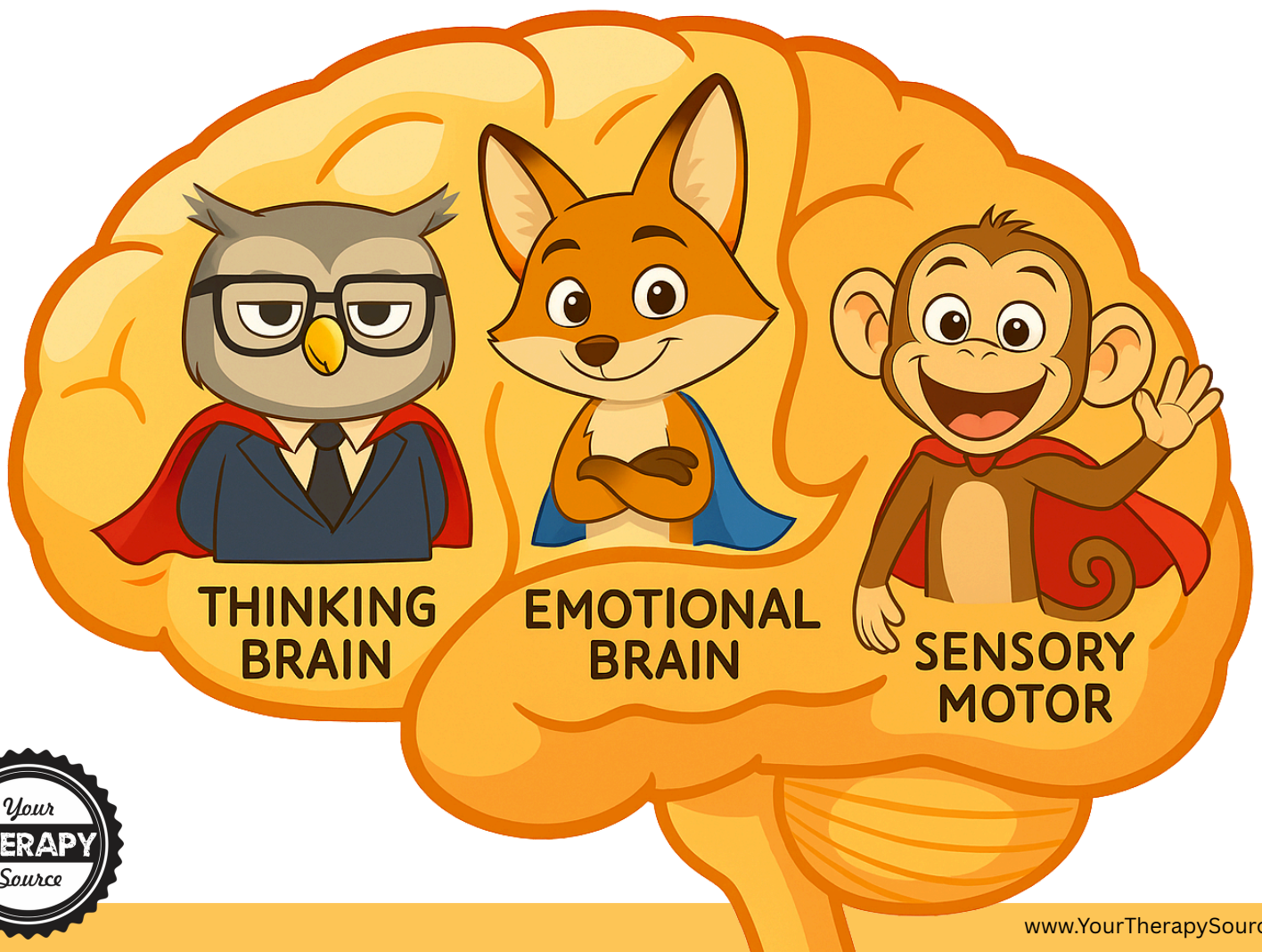


Let's Meet Your Brain Team



Ollie the Owl



Your Thinking & Decision-Making Helper

"Hoot! I'm here to help you think smart and make good choices!"

Where I Live:

Frontal Lobe – the front part of your brain, right behind your forehead.

My Key Jobs:

- 🤔 Thinking – I help you think through problems and situations
- 📋 Make Plans – I help you organize your thoughts and plan ahead
- ⚖️ Make Good Decisions – I weigh options to help you choose wisely
- 🎯 Stay Focused – I help you pay attention to what's important

Examples of When Am I Working Hard:

- Deciding what to wear in the morning
- Thinking through homework problems
- Remembering to raise your hand in class
- Choosing between different activities



Fun Fact!

I'm still growing and getting stronger until you're about 25 years old, so be patient with me as I learn!

Felix the Fox



Your Emotion & Memory Helper

"Hey there! I'm SO excited to help you feel and remember everything important!"

Where I Live:

Limbic System – the middle part of your brain, like a cozy den where I keep track of all your feelings and memories

My Key Jobs:

- ♥ Feel All Emotions – Happy, sad, excited, scared, and everything in between
- 🧠 Store Your Special Memories
- ⚠️ Keep You Safe – Create feelings to protect you from danger
- 😊 Feel Love & Connection to people you care about

Examples of When Am I Working Hard:

- Getting butterflies before a big test
- Feeling excited about your birthday
- Remembering your favorite vacation
- Feeling proud when you accomplish something



Fun Fact!

Every emotion is useful. For example, scared keeps you safe, sad shows you care, and happy feels great!

Mia the Monkey



Your Movement & Sensing Helper

"Hi! I'm ready for ACTION and I help you experience the world!"

Where I Live:

Sensory Motor Areas – I'm spread throughout your brain because I have SO much to do!

My Key Jobs:

- 👏 Move Your Body – I control all your movements
- 👁️ Process Your 5 Senses – I help you see, hear, smell, taste, and touch
- 🤸 Handle Your Hidden Senses – I manage balance, body position, hunger and more
- ⚡ React Quickly – I help you respond fast to stay safe

Examples of When Am I Working Hard:

- Catching a ball with your hands
- Knowing you're hungry without being told
- Keeping your balance on a bike
- Feeling the soft fur of a pet



Fun Fact!

Everyone's is different! Some people love lots of action, others prefer calm. Both are perfectly wonderful!

Get the complete workbook at
www.YourTherapySource.com

