FRESH BRAINS!!!

Fill out the following questions while the information is still FRESH in your brain (get it?)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ percent of your brain is developed by age 5.
2. Unlike your hand, the brain grows in direct response to its \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Severe deprivation or \_\_\_\_\_\_\_\_\_\_\_ is associated with significant risk for emotion, interpersonal, and learning difficulties.
4. A neuron damaged by toxic stress can have fewer connections due to \_\_\_\_\_\_\_\_\_\_\_ a natural process in which the brain pathways that are not used go away.
5. The typical human stress response is devoted to a single goal: to get enough blood to the muscles to get to safety. It evolved as a short term solution to get away from bears and saber tooth tigers. This response is called \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is the most critical and the most vulnerable time in a child’s development.
7. For children, optimal brain development is highly dependent on access to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Strong, frequent, and/or prolonged adversity without the buffer of a nurturing caregiver can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_stress.
9. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is one of two small almond-shaped parts of the brain, both of which are responsible for perceiving and potentially reacting threats in your environment. It’s your own built in “terminator-vision”.
10. Under threat, the amygdala acts as an alarm system and can override the higher functioning brain area, the \_\_\_\_\_\_\_\_\_\_\_\_.
11. The book “Brain Rules” is by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the part of the brain that makes us uniquely human in terms of regulating our emotions, helping us focus, understanding language, and recognizing symbols. It doesn’t finish developing until you are 25.
13. A feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the single most important thing required by the brain to be able to learn.

Results analysis: How many did you get correct?

1-3: Check your pulse…you could be among the undead…

4-7: You may have gotten distracted by a scary noise- perhaps a soft moaning coming from the closet?

8-11: Not bad…I want you on my zombie apocalypse survival team.

11-13: Congratulations! You’ve got BRAINS!!!