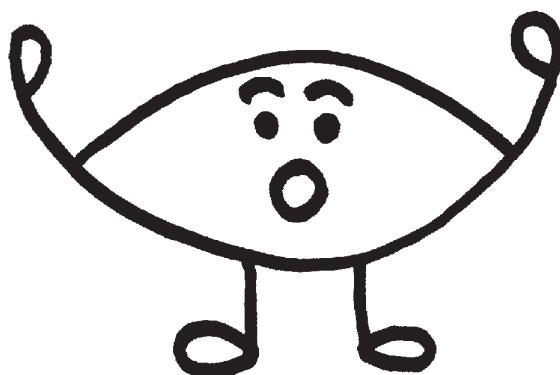




Brain Talk Home Letter



Meet Myg



Target Concepts:

- The brain has a full-time alarm system that is constantly looking out for potential threats.
- Perceived threats trigger a fight/flight/freeze impulse. This impulse is called a **Myg Moment**.
- Both animals and humans have amygdalae, and therefore both have Myg Moments.

One important structure within the emotional/limbic system of the brain is the amygdala. The amygdala (Myg) is the brain's alarm system, alerting us to things and situations that seem threatening. When Myg perceives a threat, it generates a Myg Moment and sends a fight, flight, or freeze survival impulse through the rest of the brain. The goal of a Myg Moment is to avoid the perceived danger. Although critical in helping us avoid things that are genuinely threatening and harmful, Myg can sometimes overreact and generate a Myg Moment when a more logical, mindful response would be better.

Below are recommended activities for continued learning:

- Ask your student to share the review story for this unit. Encourage your student to teach you, additional family members, and/or friends about Myg Moments and fight/flight/freeze reactions.
- Help your student begin to identify situations that generate Myg Moments for him/her. What type of impulse did the Myg Moment create: fight (e.g., arguing, hitting, aggressive outburst), flight (e.g., leaving, hiding, or procrastinating), or freeze (e.g., going blank, freezing up)? Did he/she follow the impulse and react? What was the outcome?