

MEET YOUR BRAIN

Activity Guide 2

Team H-A-P Snap

Key stage 2 • Years 3 - 6

ACTIVITY 2: Team H-A-P Snap

Learning objective:

- ▶ That children understand what happens when the three key parts of the brain are working together, and what happens when they're not.

Learning approach:

We encourage you to go back over Team H-A-P from the previous activity:

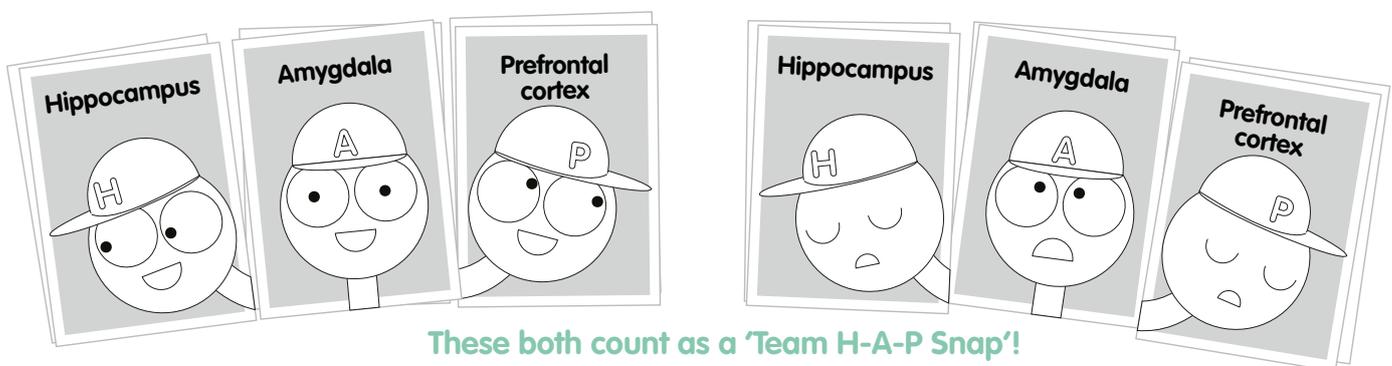
- ▶ There are three key parts of their brain; the Hippocampus, Amygdala and Prefrontal Cortex. We call them Team H-A-P for short.
- ▶ **Hippocampus** - is like a scrap book storing our memories and things that we learn.
Amygdala - is there to react to keep us safe when there is danger. It cannot assess 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.
- ▶ We can be at our best when Team H-A-P are working together.
- ▶ 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.

We have provided you with a set of Team H-A-P Snap cards on a PDF to print out. Ideally, they would be printed onto card, but paper is fine too. Your child can colour them in if they choose.

How to play Team H-A-P Snap:

- ▶ Print out the cards and cut them out.
- ▶ Separate them into three piles: one of the Hippocampus, one of the Amygdala, one of the Prefrontal cortex cards.

- ▶ You will notice that the cards show the Hippocampus and Prefrontal cortex as either awake and happy, or asleep. The Amygdala is either happy, or panicking!
- ▶ Put the three stacks of cards somewhere so that your child can't see what cards are coming next. Have your child watch the cards as you deal them onto the table in three piles, Hippocampus on the left, Amygdala in the middle, Prefrontal cortex on the right.
- ▶ Tell your child to call out 'Team H-A-P Snap!' if they see three faces together that show either Team H-A-P all awake and happy, or with the Hippocampus & Prefrontal cortex fast asleep whilst the Amygdala is panicking!



- ▶ Your child scores a point for each time they correctly identify a 'Team H-A-P Snap'!

Top tips:

- ▶ You can print out more sheets to make the game last longer.
- ▶ If younger children are struggling, you can 'cheat' in the dealing, and create sets of three on purpose!

Ask your child to design their own Team H-A-P game, showing what happens when the Hippocampus and Prefrontal cortex go to sleep. Your child can use the blank cards from the printable, or do something completely different, like a board game.

Your child doesn't have to use our Team H-A-P. They can use their own design from the previous activity if they prefer!

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

