Instructions for color copies:

1. Cut out each page
2. Staple the pages together to form a story about Myg
3. Tell the story to a friend, teacher, or family member

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Meet Myg

Brain Talk: Unit 3

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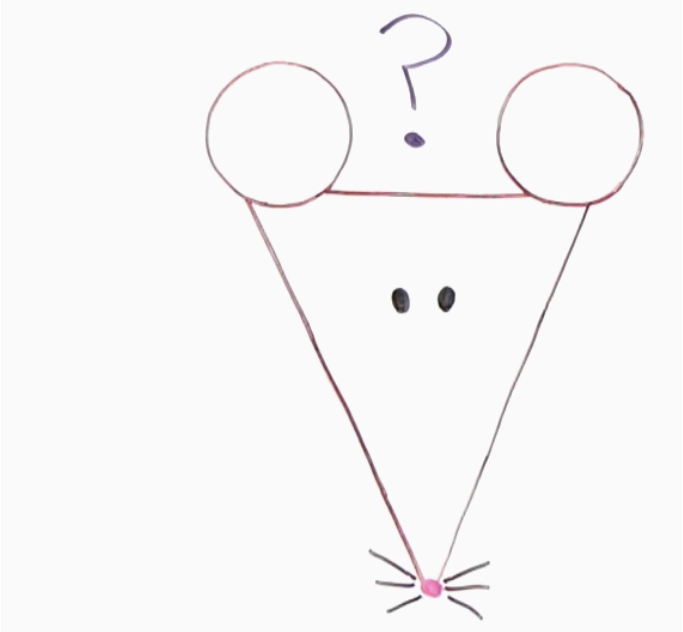

Remember what Mr. Mouse does?

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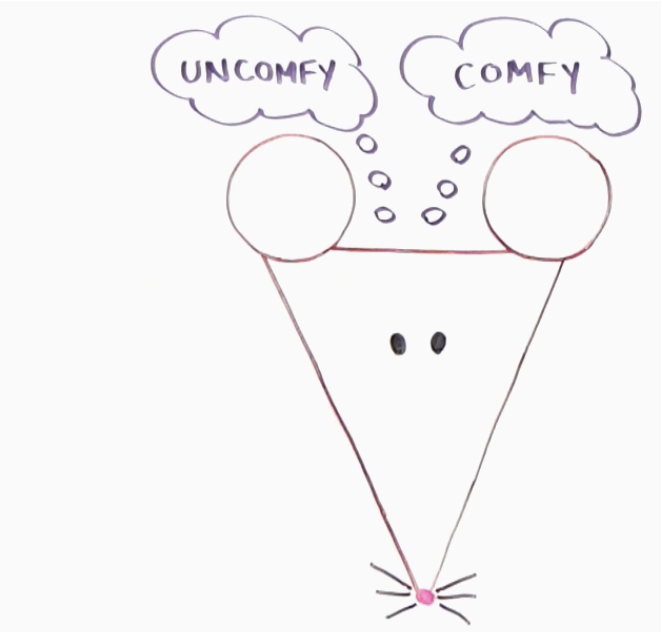

Mr. Mouse seeks things that are comfortable and avoids things that are uncomfortable.

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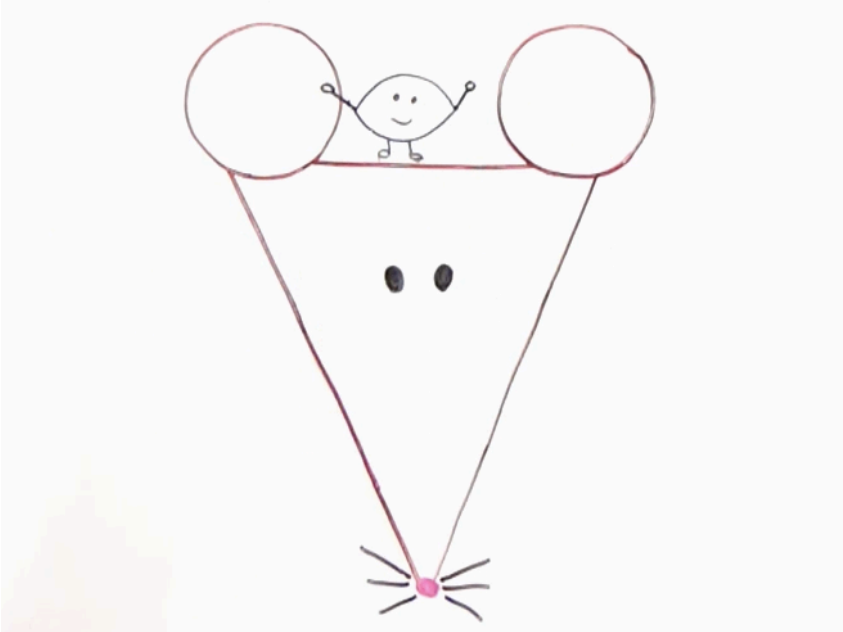

Myg is the special part of the brain designed to look for things that seem threatening and harmful.

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Myg is like the brain's alarm system!

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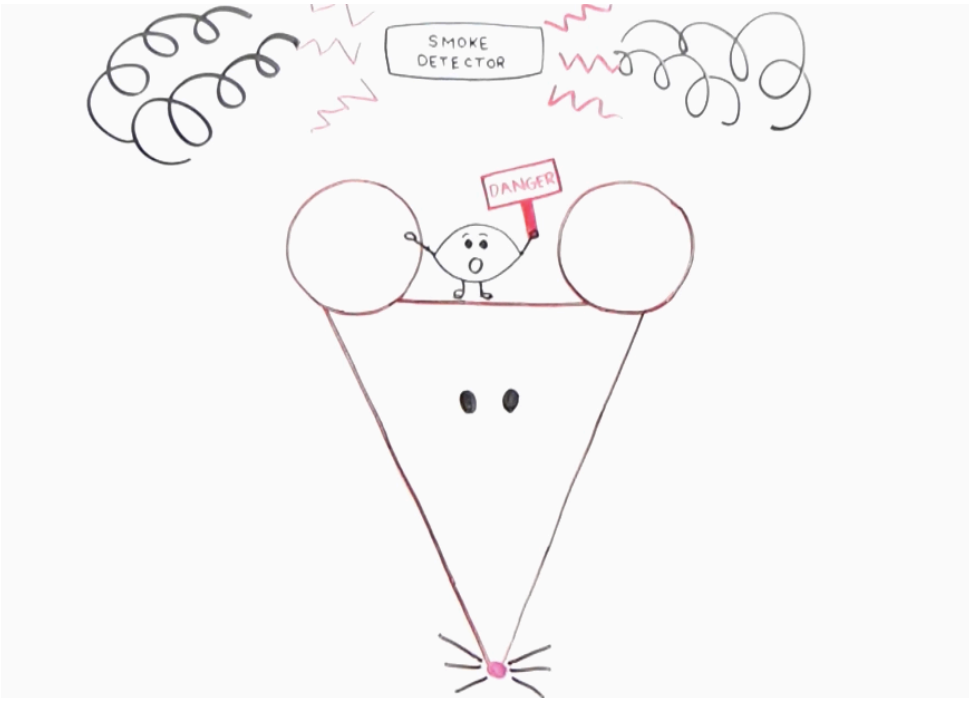

Just like a smoke detector goes off when it senses smoke, Myg sounds an emotional alarm in the brain when something feels scary or uncomfortable.

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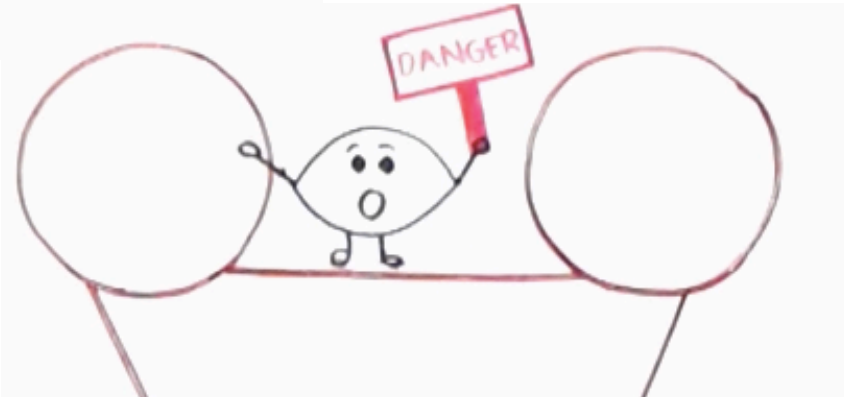
MYG MOMENT



When Myg gets alarmed, we call it a Myg Moment.

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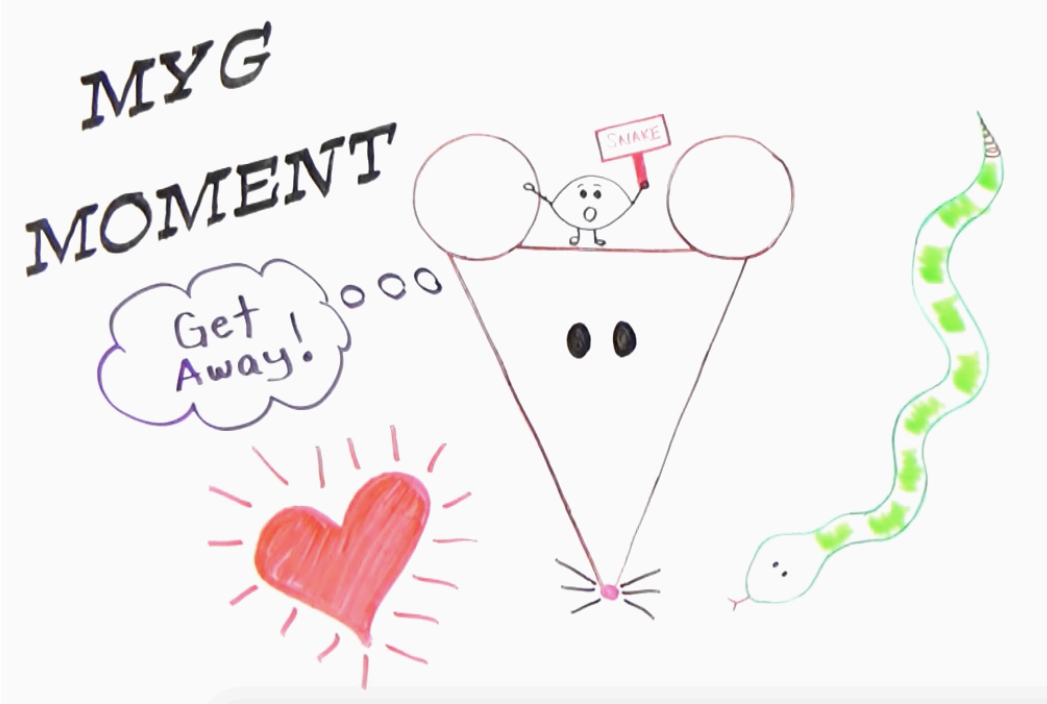

If Mr. Mouse saw a snake, he would have a Myg Moment! His pupils would dilate, his heartbeat would quicken, and his brain would look for a way to get away from the danger.

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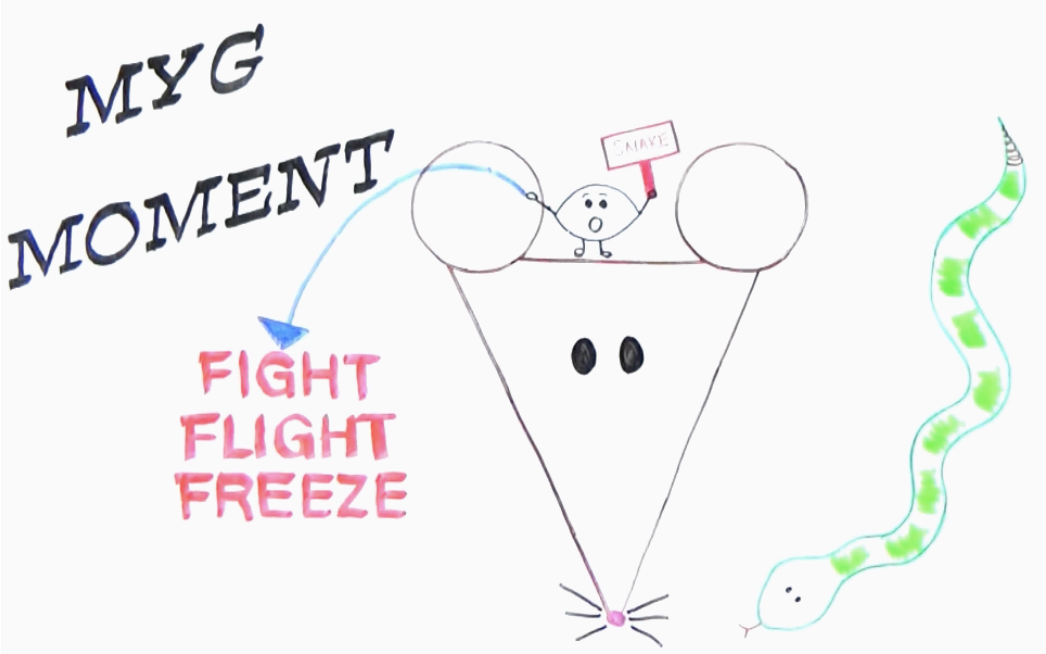

Myg Moments lead to one or more avoiding reactions: *fight, flight,* or *freeze.*

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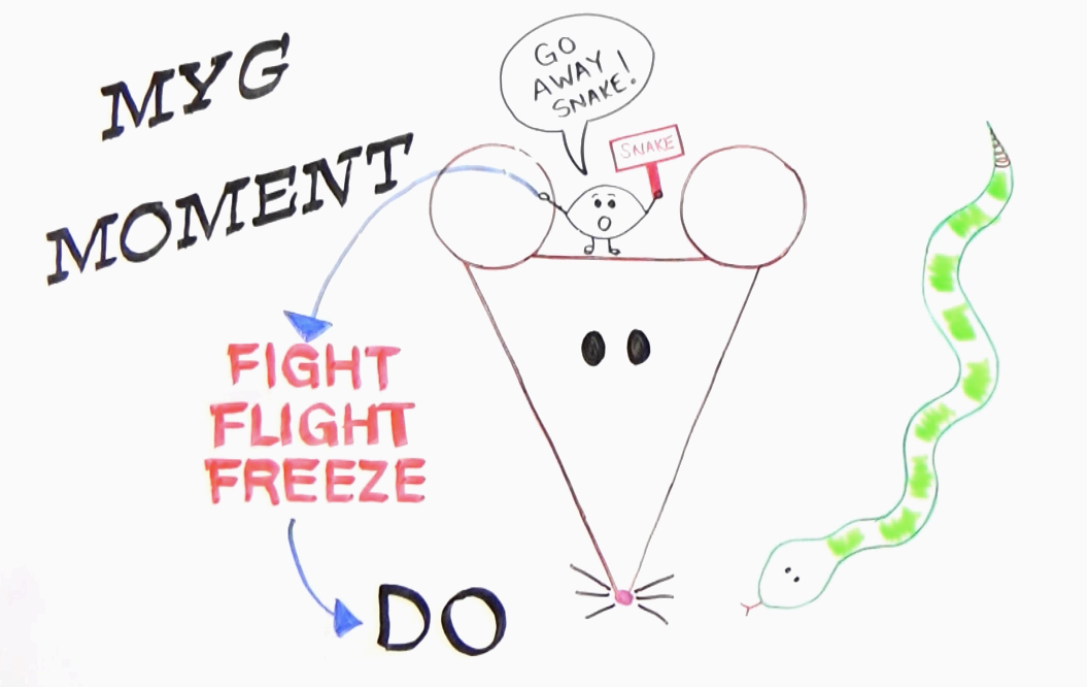

Myg sends the fight, flight, or freeze action message through the rest of Mr. Mouse's nervous system, telling his body to do it.

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