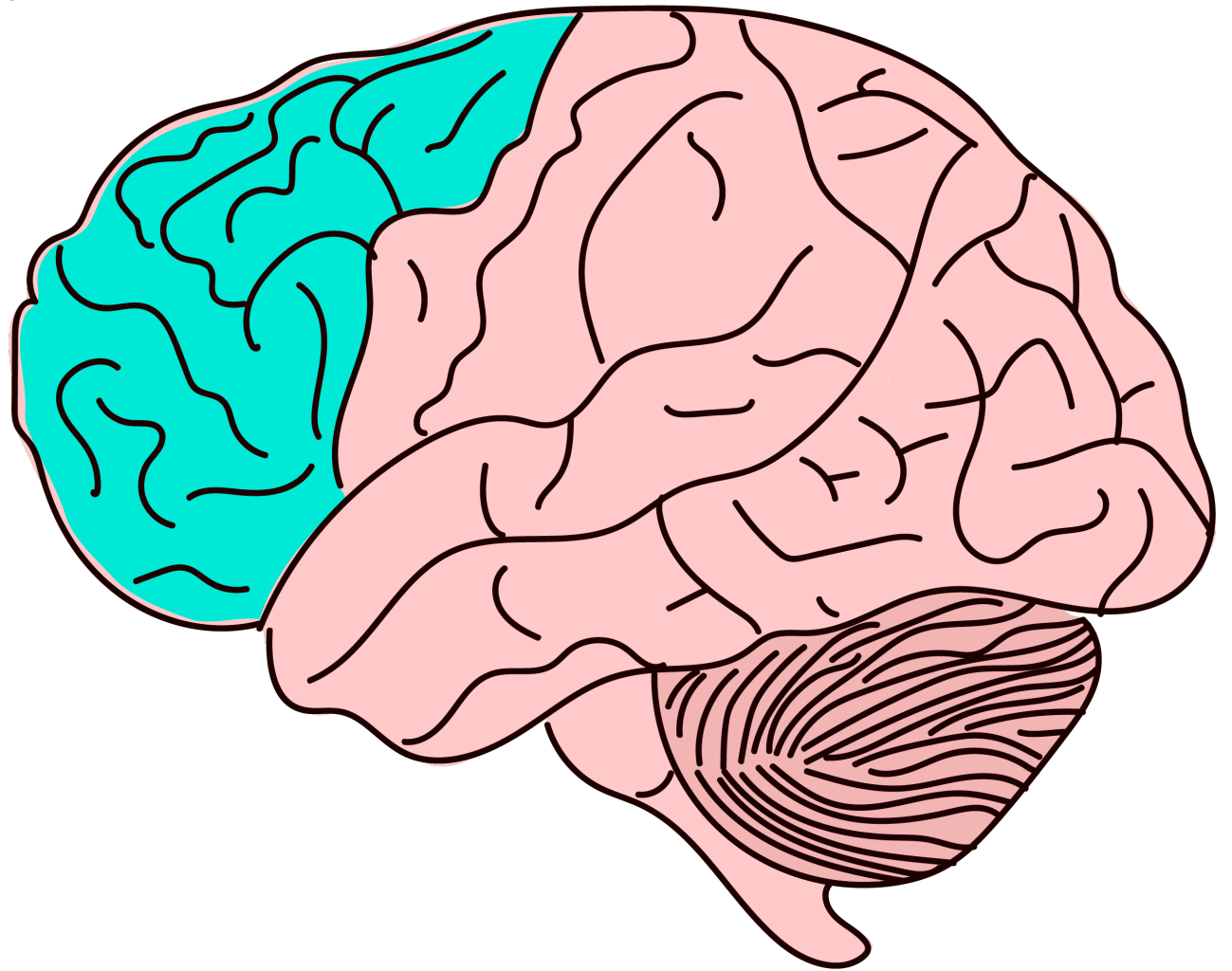


Frontal lobe

lóbulu frontal



THINK

FAST!







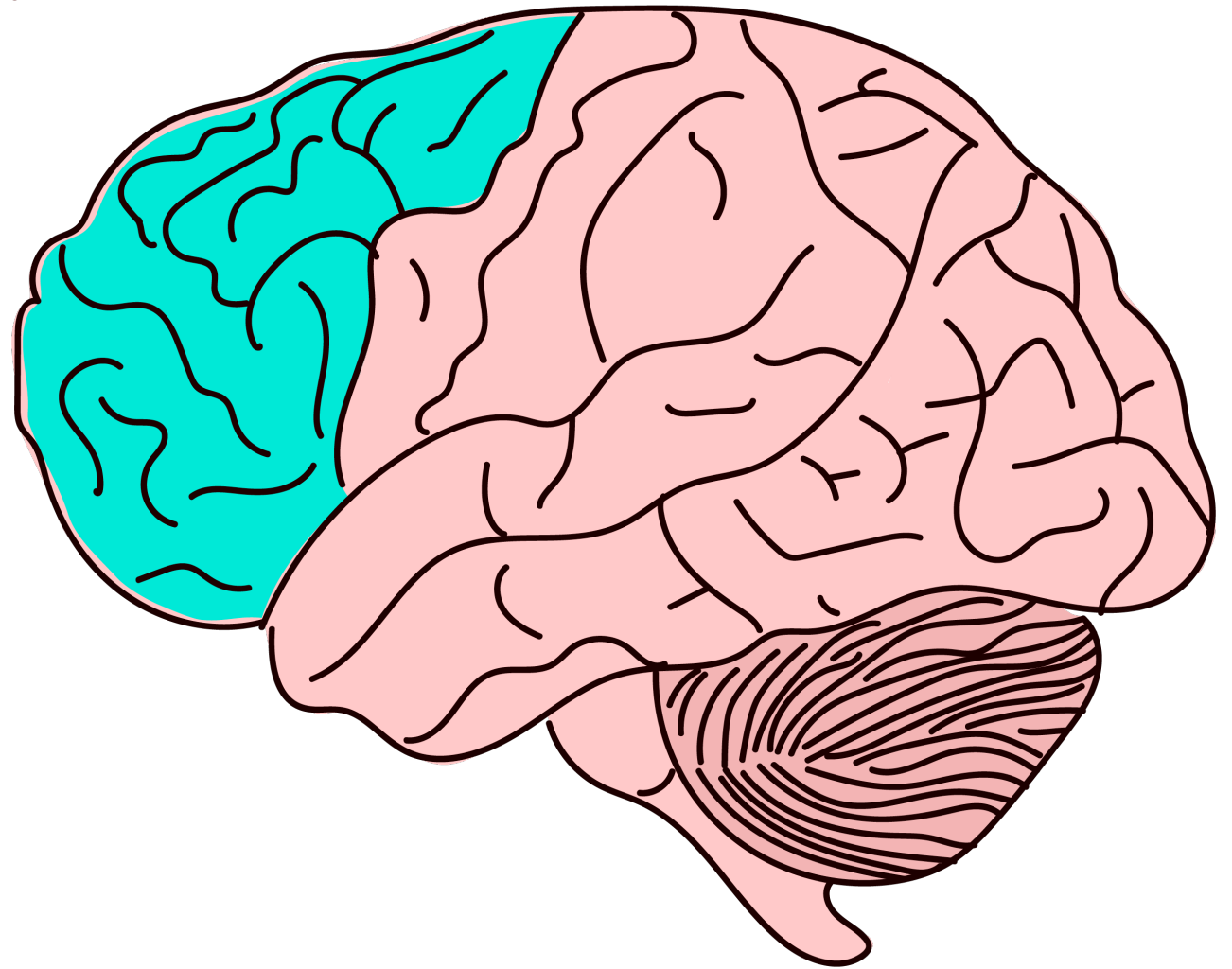








Frontal lobe **lóbulu frontal**





Frontal lobe super powers

- Solving problems
- Making decisions
- Paying attention
- Self-control
- Imagination
- Curiosity
- Manage emotions





The brain is powerful!

The way you think
about something
can change the
way you feel
about it.





Reframing a problem

Imagine you get a hard math problem.

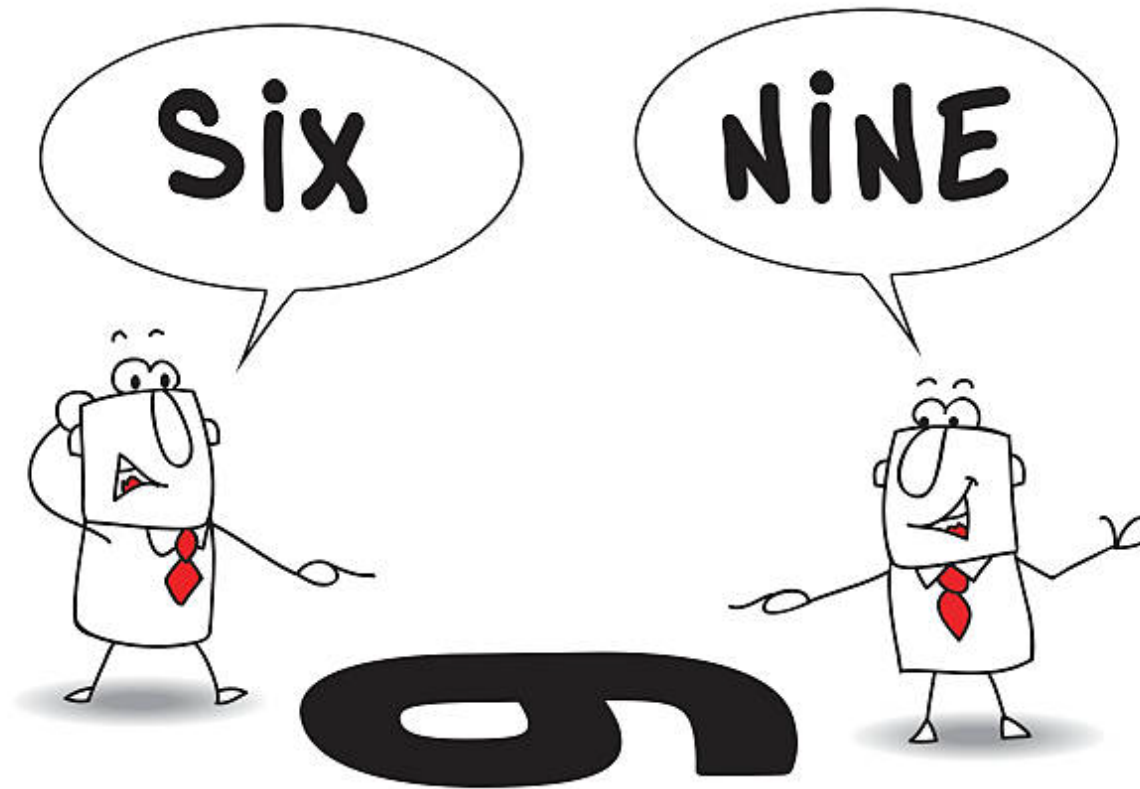


“ill never get this!”

“this is tricky, but I can figure it out if I try!”



Try a different perspective





Express yourself





Be creative!



**Explore & learn
something new**



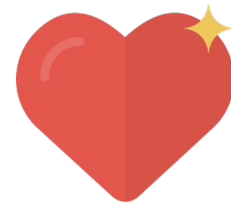


Connect with others





Show some love



Feeling stuck? Take a deep breath!



