



MINDUP WORD MATCH ANSWERS

You were asked to engage your prefrontal cortex and hippocampus to match the definitions on the left to the correct, corresponding words on the right. Here are the answers! Let us know how you did, send us an email info@mindup.org.uk or show us on social media [@mindupuk](https://www.instagram.com/mindupuk).

1. I am the part of the brain that stores your memories. **B. Hippocampus**
2. _____ is a way of seeing things in a positive way. **D. Optimism**
3. I am the part of the brain that protects you from danger. **A. Amygdala**
4. When you are friendly, generous, and considerate, you are showing _____. **I. Kindness**
5. _____ is the ability to understand someone else's feelings. **C. Empathy**
6. _____ is a feeling of thankfulness and joy we feel in response to something. **J. Gratitude**
7. _____ is being aware of the present moment. **H. Mindfulness**
8. I am the part of the brain that helps you solve problems and make decisions. **E. Prefrontal Cortex**
9. _____ is the ability to see situations from the viewpoint of another person. **G. Perspective**
10. I control your thinking and all the functions of your body. **F. Brain**

