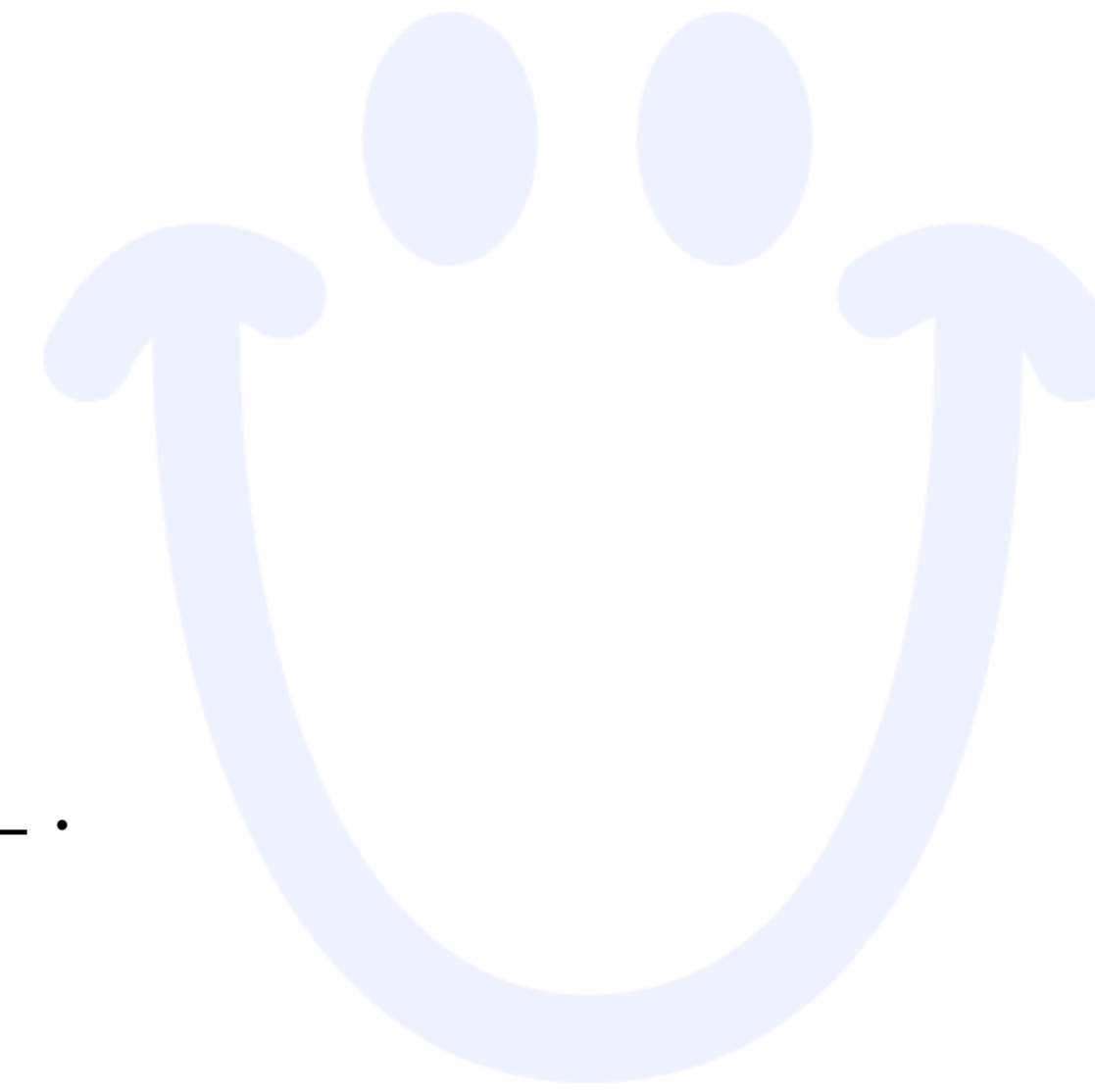


# MINDUP™

## MINDUP WORD MATCH

Engage your prefrontal cortex and hippocampus to match the definitions on the left to the correct, corresponding words on the right.

1. I am the part of the brain that stores your memories.
2. \_\_\_\_\_ is a way of seeing things in a positive way.
3. I am the part of the brain that protects you from danger.
4. When you are friendly, generous, and considerate, you are showing \_\_\_\_\_.
5. \_\_\_\_\_ is the ability to understand someone else's feelings.
6. \_\_\_\_\_ is a feeling of thankfulness and joy we feel in response to something.
7. \_\_\_\_\_ is being aware of the present moment.
8. I am the part of the brain that helps you solve problems and make decisions.
9. \_\_\_\_\_ is the ability to see situations from the viewpoint of another person.
10. I control your thinking and all the functions of your body.



- A. Amygdala
- B. Hippocampus
- C. Empathy
- D. Optimism
- E. Prefrontal Cortex
- F. Brain
- G. Perspective
- H. Mindfulness
- I. Kindness
- J. Gratitude

