

How to Train Your Amygdala

VOCABULARY

Word	Student-friendly definition
alarm	a signal to your body to alert it to danger
amygdala	this part of your brain controls your emotions
calm	to become relaxed
danger	the possibility that something bad will happen or you will get hurt
freeze	to stop moving suddenly and stay completely still and quiet
protect	to keep someone or something safe from harm
sensitive	easily upset
relax	to become quiet and calm after you have been upset or nervous