

The brain / 01-08

All regions contribute with other networks. Outer left shell, fixed center cutaway, and inner temporal teaching inset are views of one brain. Proposed wording: personalize before using.

01

Frontal lobe

Plans actions and helps control impulses and voluntary movement.
Example: I pause before sending an angry text.

02

Parietal lobe

Processes touch and body position and helps us navigate space.
Example: I feel a pencil in my fingers without looking.

03

Temporal lobe

Helps process sound, recognize information, and support memory.
Example: I recognize a friend by their voice.

04

Occipital lobe

Processes visual features such as color, shape, and movement.
Example: I see a red ball rolling toward me.

05

Cerebellum

Helps coordinate balance, timing, and learned movements.
Example: I adjust my balance while riding a bike.

06

Brain stem

Connects brain and spinal cord and supports automatic functions and alertness.
Example: Messages travel between my brain and body while I walk.

07

Broca's area

Helps produce language as part of a wider network.
Example: I put a request into spoken words.

08

Wernicke's area

Helps understand language as part of a wider network.
Example: I understand "put your bag by the door."

The brain / 09-16

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09

Thalamus

Relays major sensory information to the cortex; smell has a different initial route.
Example: A touch signal from my hand is relayed toward the cortex.

10

Hippocampus

Helps form new memories of facts and experiences.
Example: I remember where I sat in a new classroom.

11

Hypothalamus

Helps maintain internal balance, including thirst, temperature, hunger, and hormone regulation.
Example: After exercise, I feel thirsty and seek water.

12

Amygdala

Helps learn emotional significance, including possible threats.
Example: A bark puts me on alert after a scary dog encounter.

13

Pons

Relays information toward the cerebellum and contributes to sleep and breathing regulation.
Example: While I sleep, its circuits help regulate my sleep stages.

14

Medulla

Helps regulate breathing, heart rate, and other automatic functions.
Example: I keep breathing while asleep.

15

Corpus callosum

Carries information between the two cerebral hemispheres.
Example: My hemispheres share information while both hands tie a shoe.

16

Reticular formation

A network through the brain stem that supports wakefulness and attention.
Example: I become alert enough to attend to a teacher's voice.