

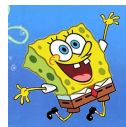
## What emotions do we have?

People can have many different **emotions** or **feelings**.

Here are some of them. Can you match them to the pictures of Spongebob?



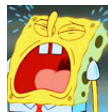
Surprised



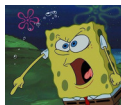
Sad



Disgusted



Angry



Scared



Happy

## Why do we have emotions?

Some **emotions** are important because they can keep us safe.



Being **scared** of big animals keeps us from getting too close and getting hurt

Being **disgusted** by rotten food keeps us from eating it and getting sick



## Emotions help us to remember things better

What can you **remember** about your last birthday?



You probably remember your birthday better than other days. This is because you were very **happy** and excited that day.

## Emotions and memories happen in your brain!

You probably know that **memories** are stored in your brain. But did you know that the brain makes **emotions** too?

To look at your brain and what it is doing, scientists can take pictures of look inside your head using a special brain scan called "fMRI". And it doesn't hurt one bit!

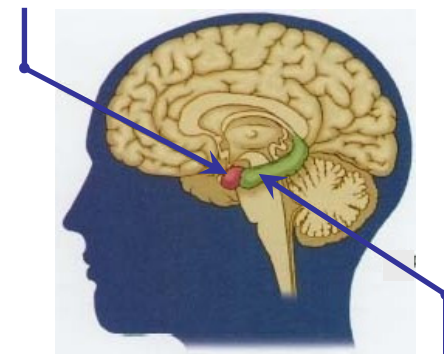
This is what your brain looks like!



## What do our brains do when we remember happy or sad things?

When we **remember happy** or **sad** things, two bits of our brains are working together:

### Emotion Centre (Amygdala)



### Memory Centre (Hippocampus)

By working together, they can make especially strong **memories**. This is why we remember things better if they make us feel **happy** or **sad**