

# The Amazing Brain

## Amazing Fact

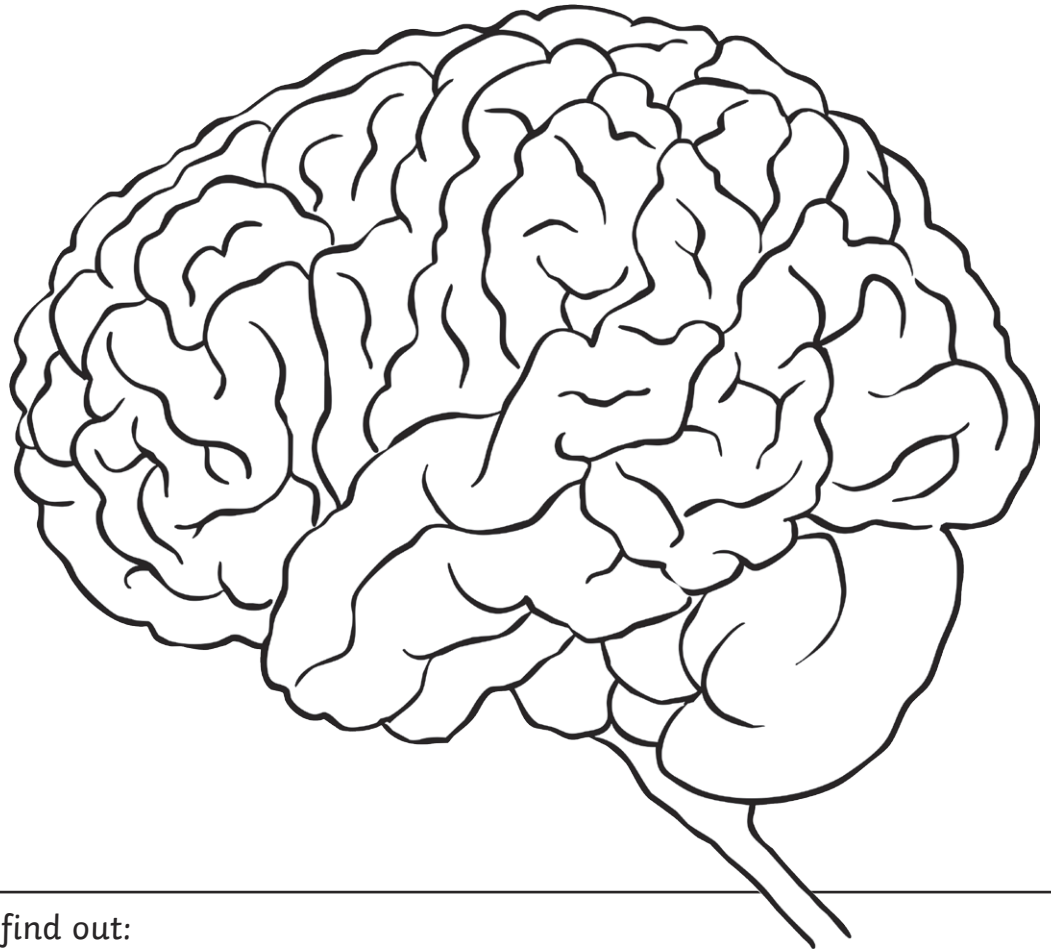
The human brain came up with a name for itself!

## Challenge

Do you like colouring? Did you know that colouring actually benefits the human brain and that doctors sometimes recommend it to their patients?

Spending time colouring has been shown to reduce stress because it calms a part of the brain called the amygdala, responsible for feelings of stress and anxiety.

In addition to this, colouring also stimulates the part of the brain responsible for creativity and logic. Take some time to calm and rejuvenate your brain by colouring the sheet below.



You could also try to find out:

- what different parts of the brain are called;
- which parts of the brain are involved in different activities;
- how human brains differ to those of other animals.

# MINDFULNESS COLOURING

