Dear Mrs. Rogers,

You are so nice! I learned three new things and I learned them all because of you! I learned the hippocampus remembers things so then we can stay alive! The second one is the amygdala. It has been my security guard from my sister! The third is the prefrontal cortex. It will choose the wise choices. I'm sure my hippocampus will remember you!

Sincerely,

T
MindUp has been very helpful because I am a middle child and when my siblings bug me, I don't know how to calm my self then stop and think. I learned that breathing will help any person. These 5 meanings I learned think is it helpful? I means it true? It means is it necessary? K is it inspiring? These things I learned from MindUp lessons. These things help you have a better life and shows that these things are helpful. Since I learned breathing before I don't get mad a lot like I did before but now MindUp is like a helpful thing to me. MindUp is the best.

From: P

To: The Best Educators