

BRAINPOWER

YOUR BRAIN WHEN YOU'RE HAPPY



BLUE OWL
BOOKS

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CHAPTER 1

FEELING GOOD

What makes you feel happy? Maybe you feel happy when you hear your favorite song or spend time with a good friend. For some, going for a bike ride makes them feel good.





Happiness is an **emotion**. You feel happy when you do things that bring you joy. When you feel happy, you might smile or laugh.





Feeling happy can give your body more **energy**. You might even jump for joy! Other times, you might feel relaxed and calm.

For Review Only

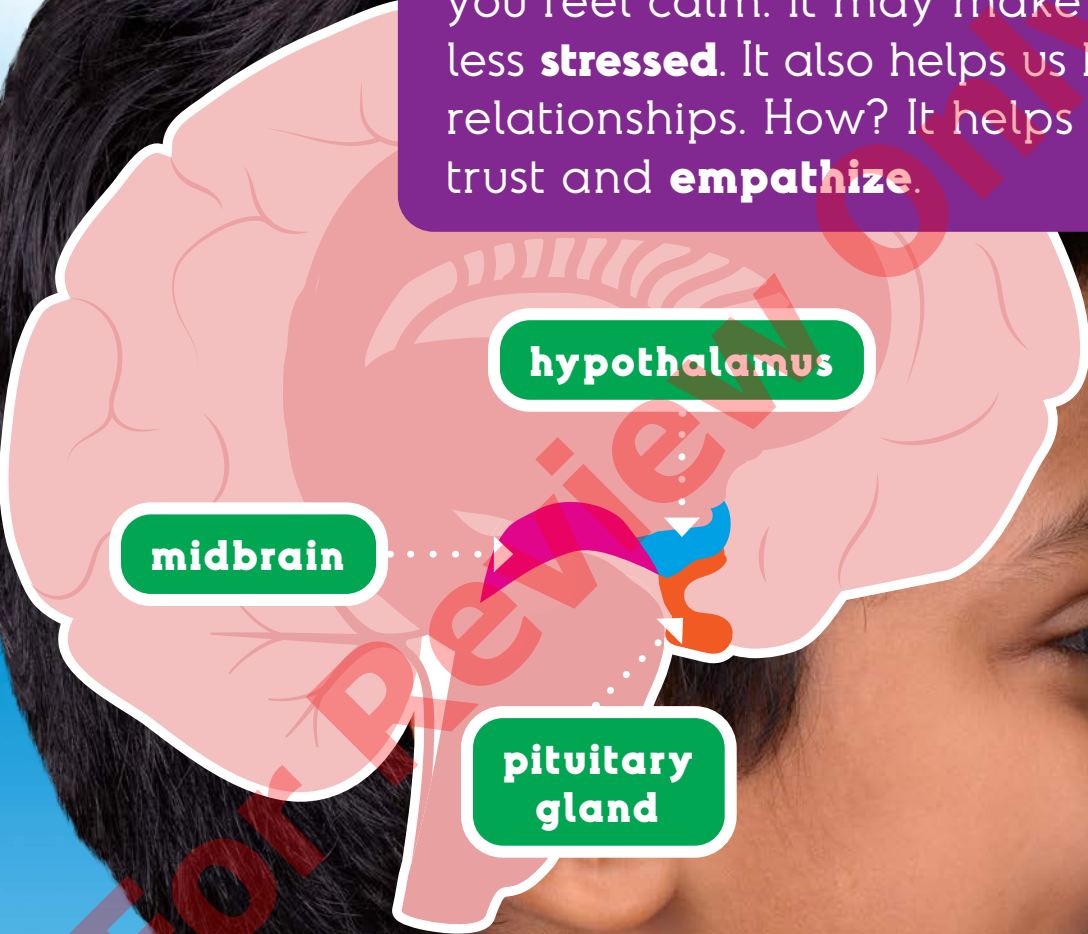
CHAPTER 2

A HAPPY BRAIN

A young girl with long dark hair in a ponytail and a young boy are hugging and smiling at each other. The girl is wearing a pink shirt and the boy is wearing a blue shirt. A large red watermark 'Review Only' is diagonally across the image.

When you are happy, changes take place in your brain. Your brain is like a control center. It controls how you think and act in response to what happens around you. When you do something that makes you happy, like hug someone, your brain makes oxytocin.

Oxytocin is a **neurotransmitter**. Your hypothalamus makes this chemical. Oxytocin can make you feel calm. It may make you less **stressed**. It also helps us build relationships. How? It helps us trust and **empathize**.



hypothalamus

The diagram shows a cross-section of a human brain. The hypothalamus is located in the center, below the cerebral cortex. It is connected to the midbrain and the pituitary gland. The midbrain is located below the hypothalamus. The pituitary gland is located below the midbrain. The labels are in green boxes with white text. The background is a blue sky with white clouds.

midbrain

pituitary
gland