



Let's take a closer look!

Wow, that was fun! Tomas learned a lot in his lesson today. Let's break it down:

- **Worry has been around for millions of years!**
 - Humanoids have always worried – even cavemen used to worry.
 - Worry is a form of protection. Worry keeps you alert and allows you to react quickly to danger!
 - A little worry is a good thing. A little worry can protect you from touching a hot stove, for example.
- **There are old and new parts of the brain which play different roles.**
 - In the older part of your brain is the worry command center.
 - In the newer part of your brain is the logical thinking center.
 - Every time you have a thought, it goes into your worry AND thinking centers.
- **Til and Widdle represent the newer and older parts of your brain.**
 - Soon you will meet Til the Thinker. Til lives inside the newer thinking center.
 - You will also meet Widdle the Worrier. Widdle lives inside the older worry center.

Tomas learned that everyone worries and that it's okay to worry, but sometimes Widdle the worrier can get a little overactive. Sometimes Widdle thinks you're in danger when you're really just fine. We'll learn more about Til and Widdle next.



Questions to think about...

- (1) Why is worry a good thing?
- (2) How long has worry been around?
- (3) What do the older part and newer part of the brain do?