

In the last video Professor Stressor Guessor, who looks suspiciously like Dr. Stuart Shanker, gave Bradford and Raylee a mini lesson in the Triune Brain metaphor that we have 3 distinct areas in our brain; Blue Brain, Red Brain & Brown Brain. In this video we got to see Bradford's and Raylee's brains in action, communicating with one another via what we call the **INTERBRAIN**. Simply put, the interbrain is our brain's ability to communicate with other brains. In this scene, it looks like Bradford's red brain convinced Raylee's blue brain to go red too.

Based on what you learned in the last task, can you answer these True/False questions about the interbrain?



Question 1: At the beginning of this scene did Raylee appear stressed?

Yes / No

Question 2: On their way to the docks Bradford's stress level increased. Why was that?

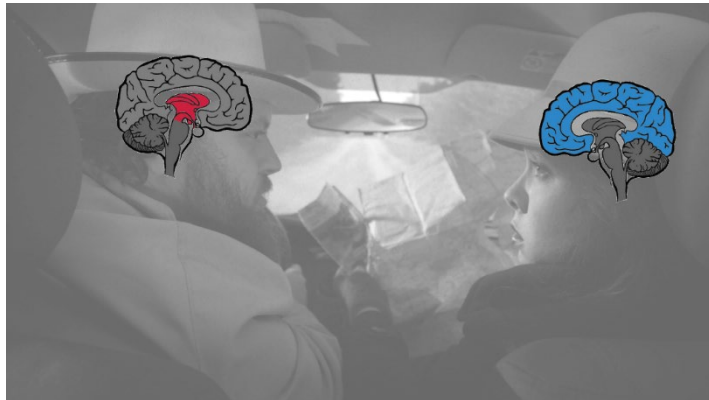
- a) They ran out of gas
- b) They drove the wrong way and took a longer route

Question 3: Why does Bradford not like the route they have chosen?

- a) Fresh air, smell of cattle and birds calling
- b) Gas consumption and damage to his car
- c) All of the above

Question 4: What causes Raylee to become stressed herself?

- a) Taking a longer route
- b) Being blamed for taking a longer route

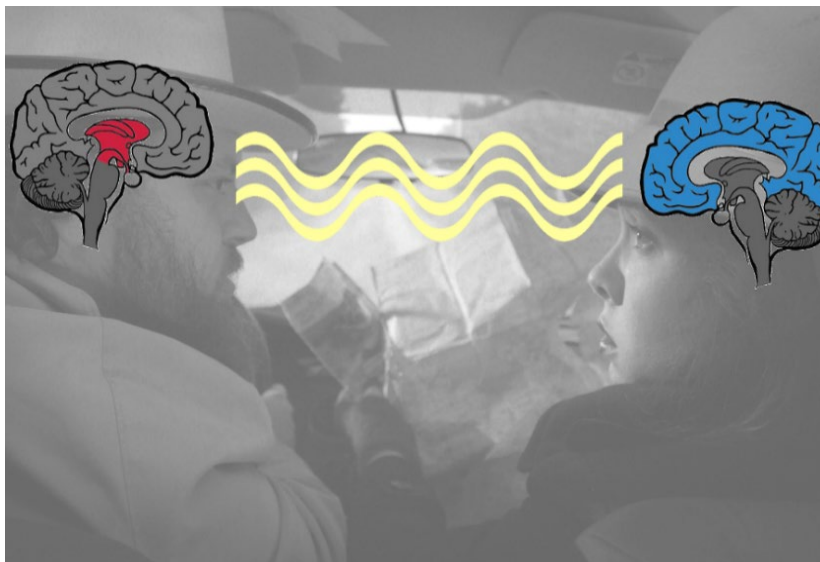


Question 5: At the beginning of this scene we know Bradford was in red brain, but what about Raylee? Was she in Red Brain or Blue Brain to start?

- a) Red Brain
- b) Blue Brain

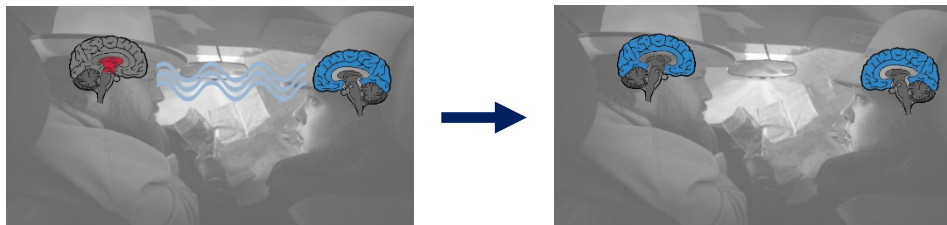
Question 6: Bradford's red brain state begins to use more of Raylee's energy causing her to _____

- a) Go Blue Brain Herself
- b) Go Red Brain Herself



Question 7: If Raylee had more energy in her tank and truly felt safe herself, she could use the interbrain to sooth Bradford's red brain back to blue in this scene,

True / False



Question 8: You can turn your interbrain off at any time.

True / False

Question 9: Our brains are able to communicate with another's brain via the interbrain.

True / False

Question 10: The interbrain only works in one direction, for only your brain to communicate with other's.

True / False

Question 11: Your interbrain works from birth until death.

True / False

Question 12: The interbrain can be used to communicate both safety and threat.

True / False