**GQ:** What advice would you give to a teen who is struggling with anxiety, impulsivity, fighting, addiction etc. Root your answer in science.

**Topics to potentially include:**

Brain

Amygdala

Nucleus Accumbens

Prefrontal Cortex

Practice

Play

Experience

Mindfulness Practices (slow down and respond)

Abdominal Breathing

Myelin Sheath

Synaptic Pruning

Neurons (connections, #, size)

Making mistakes/Repeating Mistakes

Transforming Anger

**Intro**:

- Teen brain unbalanced

- It is hard to be a teen because….

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**Claim**:

-It will get\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Evidence:**

**Explain:**

**Connect:**