



High School

Home Connection

Your Predicting Brain

Dear _____,

Today in class, we talked about the brain's entire purpose. It is to help maintain the body in balance, called **allostasis** or body budget—not too cold, not too hot, not too hungry, not too thirsty, etc. The brain tries to anticipate the body's needs. The information the brain receives from the body is called **interoception**, information from the senses that the brain interprets into concepts.

Please encourage your student to continue to think about their own emotion concepts and what past experiences have they had that have gone into making up their emotion concepts?

Please do not hesitate to reach out with any questions or concerns.

Best,
