



# WHERE ALL THE THOUGHTS GO

One evening, Nina was getting ready for bed  
when she felt something strange.  
Her head felt heavy, like she was wearing a tall hat.  
She ran to the mirror and gasped - on top of her  
head was a tower of... heads!

Each one looked just like her: one smiling,  
one worried, and the very top one with wide eyes,  
as if it had a big idea.

"Oh no!" Nina whispered. "All my thoughts are still  
here! Where are they supposed to go?"

Suddenly, she heard a tiny, kind voice say:

"They go to the hippocampus, Nina.  
That's the part of your brain that organises your  
thoughts and memories."

Nina looked around but didn't see anyone,  
then realised it was one of her thoughts  
speaking to her.

"Hippocampus? What's that?"  
she asked.

"The hippocampus is like a friendly librarian,"  
the voice explained.

"It decides where each thought goes."

Happy thoughts grow into flowers, worries  
become strong trees, and big ideas turn into  
shining lights. It helps you remember  
important things and grow new thoughts."





Nina smiled, imagining a beautiful garden in her mind, full of flowers, trees, and glowing lights. She closed her eyes, and when she opened them again in the morning, the heads were gone, and her head felt light.

“Thank you, hippocampus!”  
Nina whispered.

From that day on, she imagined her hippocampus tending her memory garden, knowing every thought, big or small, was helping her grow.