

Migs Mello Glossary: Welcome to the Language of Amygdala Land

♥ Migs

Magical emotional creatures created by the wizard Grumpy. Some are cool, calm, and squish-happy... and some (like Migs Mello) have more intense feelings that show up as color changes. Basically, they're your inner child in fuzzy form.

😊 Squish

(noun & verb)

A hug, a loving touch, a validating word, a safe gesture—anything that soothes and says “I see you.”

Used in a sentence: “When in doubt, squish it out.”

🧠 Hippo Campo

The brain’s memory librarian. Hippo remembers everything—especially the emotional stuff—and helps Migs figure out what happened last time something felt big.

Used in a sentence: “If it made you cry or smile, Hippo probably bookmarked it.”

🧠 Cortex

The wise thinker of the crew. Cortex slows things down, asks good questions, and reminds Migs, “Let’s not just react—let’s reflect.”

Used in a sentence: “Cortex says take a breath before you roar.”

🧠 Thalama

The brain’s gatekeeper and message sorter. Thalama decides which info goes where and makes sure the right brain buddies get the message.

Used in a sentence: “If your brain’s a busy airport, Thalama’s the air traffic control tower.”

Amygdala Land

A secret world behind a rainbow waterfall where Migs live. It's a metaphorical brain-space where emotional regulation (or dysregulation) plays out in real time. It's also where healing begins.

Squish Meter

A magical mood-o-meter that shows how full (or empty) a Migs' emotional tank is. More squishes = more sparkle. Less squishes = more stress. It's not about "good" or "bad" moods—it's about *how much support we need*.

Used in a sentence: "Uh-oh, Migs' Squish Meter is running low. Time for a squish refill!"

Yellow Flashing

The warning sign. When a Migs starts to feel overwhelmed, their fur flashes yellow—like an emotional traffic light saying "slow down, something's off."

Yellow = dysregulated but still reachable.

Red Zone / Turning Red

This is full-blown overload. A Migs in red is not dangerous—they're just maxed out emotionally. Think meltdown, shutdown, or rage-fueled protect mode.

Pro tip: A squish *before* the red helps bring them back to green.

Green State

The calm, regulated, sparkly self. When a Migs feels safe, seen, and supported, they shine green. This is the goal—*not perfection*, but connection.

The Brain Brigade

A group of friendly, helpful brain-based characters from the outside world:

- **Frankie Frontal:** Handles planning, problem-solving, and logic.
- **Ollie Occipital:** Sees patterns, possibilities, and perspective.
- **Patty Parietal:** Grounds you in space, place, and body awareness. Together, they help Migs (and kids) build skills to manage big feelings.

Co-Regulation

The magical act of calming someone with your own calm. It's the secret sauce of healing: when one person stays present, it helps the other person feel safe enough to settle.

Wizard Grumpy

The creator of Amygdala Land—and proof that even well-meaning people can mess up. He accidentally made Migs with big feelings... but later realizes those “mistakes” were actually miracles.

Feelings Fountain

A central place in Amygdala Land where emotions often bubble up. Also, low-key where breakthroughs happen. It's where Migs Mello starts to understand that his feelings aren't bad—they just need support.

Rainbow Doors

These magical doors appear whenever emotional safety, truth, and compassion rise. They symbolize growth, healing, and the bridge between isolation and inclusion. The more squishes, the more doors.

The Mirror Moment

When Migs Mello finally sees what others see—and instead of shame, he's met with love and understanding. It's the moment of reflection (literally and emotionally) that flips the script from “What's wrong with me?” to “Ohhh, that's why!”

Big Feelings

Huge emotional waves that feel like too much. Instead of labeling them “bad,” Amygdala Land teaches us that big feelings are messages—and Migs need support, not shame, when they show up.

“I’m Feeling Big Feelings Right Now”

The ultimate self-awareness sentence. This phrase teaches kids (and grownups) to name what’s happening inside without fear or blame. It’s emotional honesty 101.

“You’re Not a Monster, You’re Just Trying to Protect Everyone”

The emotional core of the book. Every intense response has a root. In Amygdala Land, protection = love. Misunderstood Migs just need translation (and a squish).