Lesson 1

Let's learn about the brain!
WHERE IS MY BRAIN?

Your brain is inside your skull!

Can you point to your own brain?
What does my brain do?

Your brain is important for running.
What does my brain do?

Your brain is important for eating.
What does my brain do?

Your brain is important for sleeping.
What does my brain do?

Your brain is important for

...feeling happy, sad, or surprised
Can you brainstorm three other things your brain does?

1.) ________________
2.) ________________
3.) ________________
How does my brain do it?

Your brain sends messages to the rest of your body, just like sending a letter!
How does my brain do it?

These messages are sent through your spinal cord and nerves.
How does my brain do it?

Your spinal cord and nerves use different routes to carry info from your brain to your arms, legs, hands, & toes!
Think of the nervous system just like the NYC subway system!

This sounds familiar?
Just like trains carry people to different parts of the city.

Nerves carry neural messages to different parts of the body.
1.) I want to Catch the ball

What's an example?

2.) Message carried through the nervous system

3.) Hand told to move
But wait... that's only half the story!

Your brain sends messages to move different parts of your body. But it also receives messages.
But wait... that’s only half the story!

Your brain **receives messages** about things that you...

- see
- hear
- taste
- smell
- touch
1.) Brrrr....Cold!

What's an example?

2.) Message carried through the nervous system

3.) I'm touching ice!
We’re done! Can you name one thing that you learned today?

1.) ________________

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