

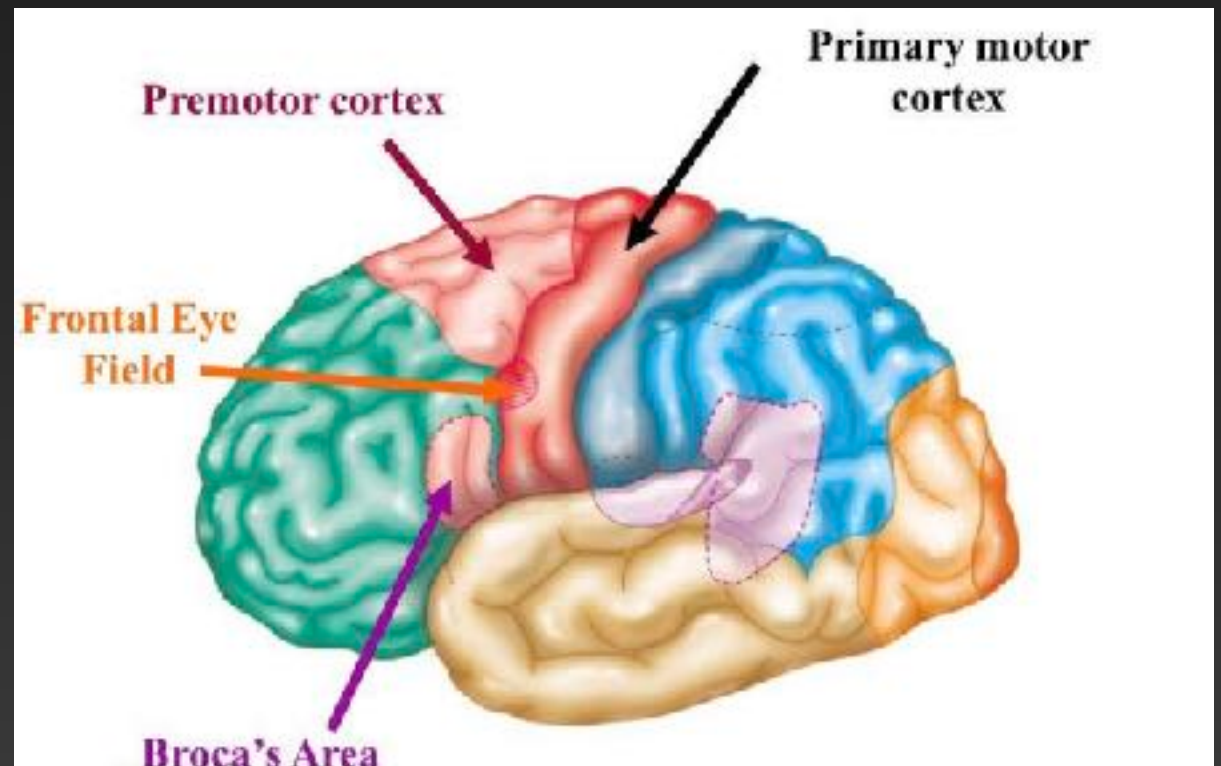
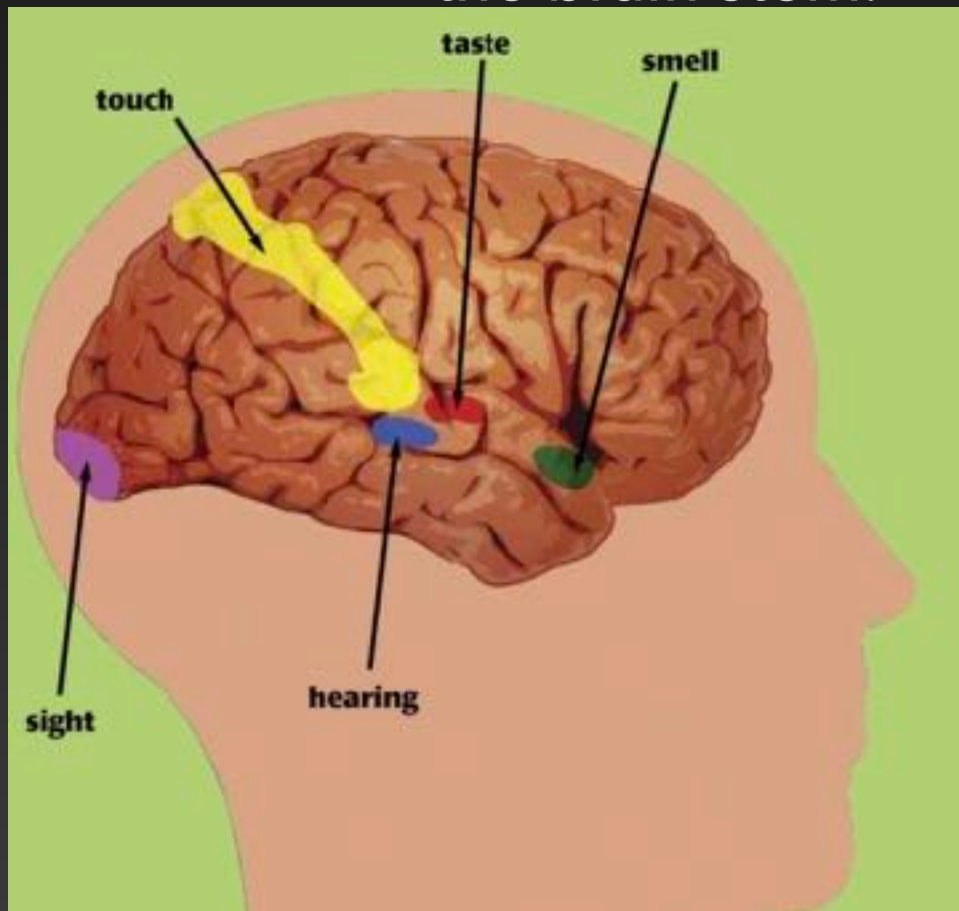
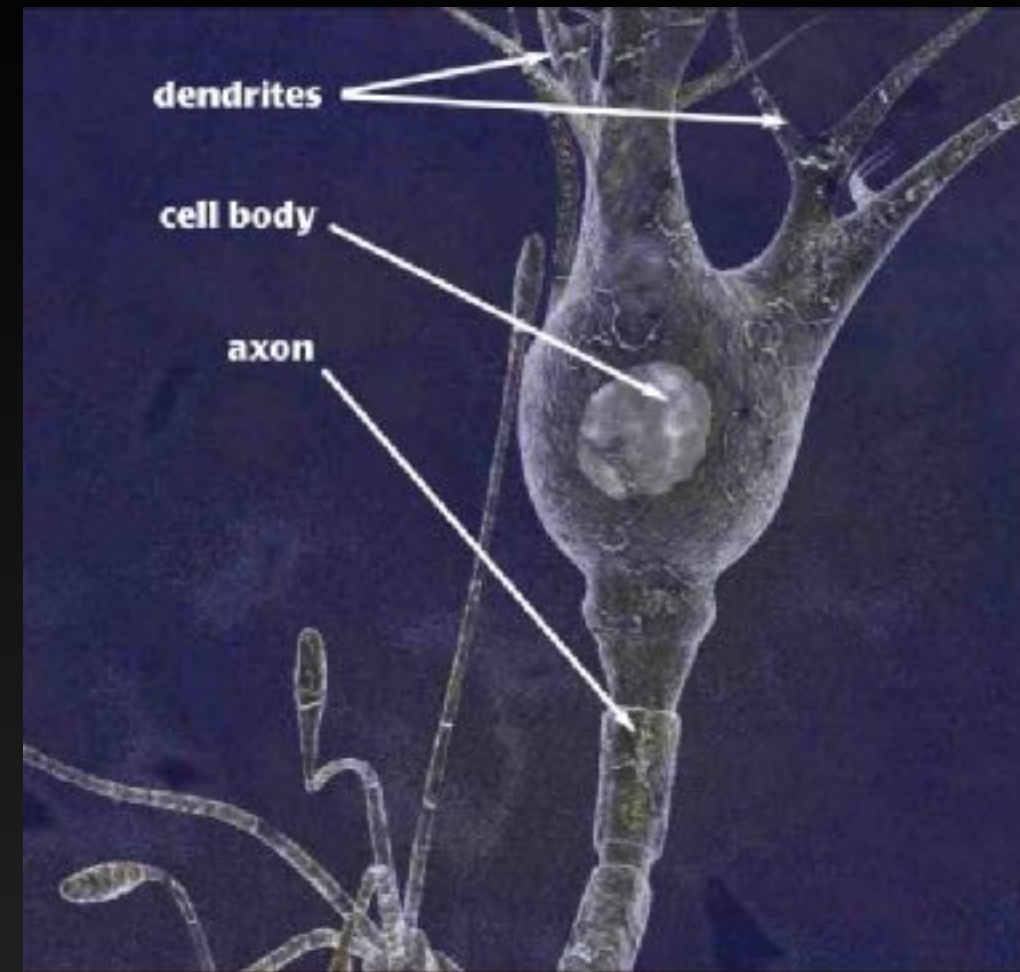
The Nervous System

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Your own brain

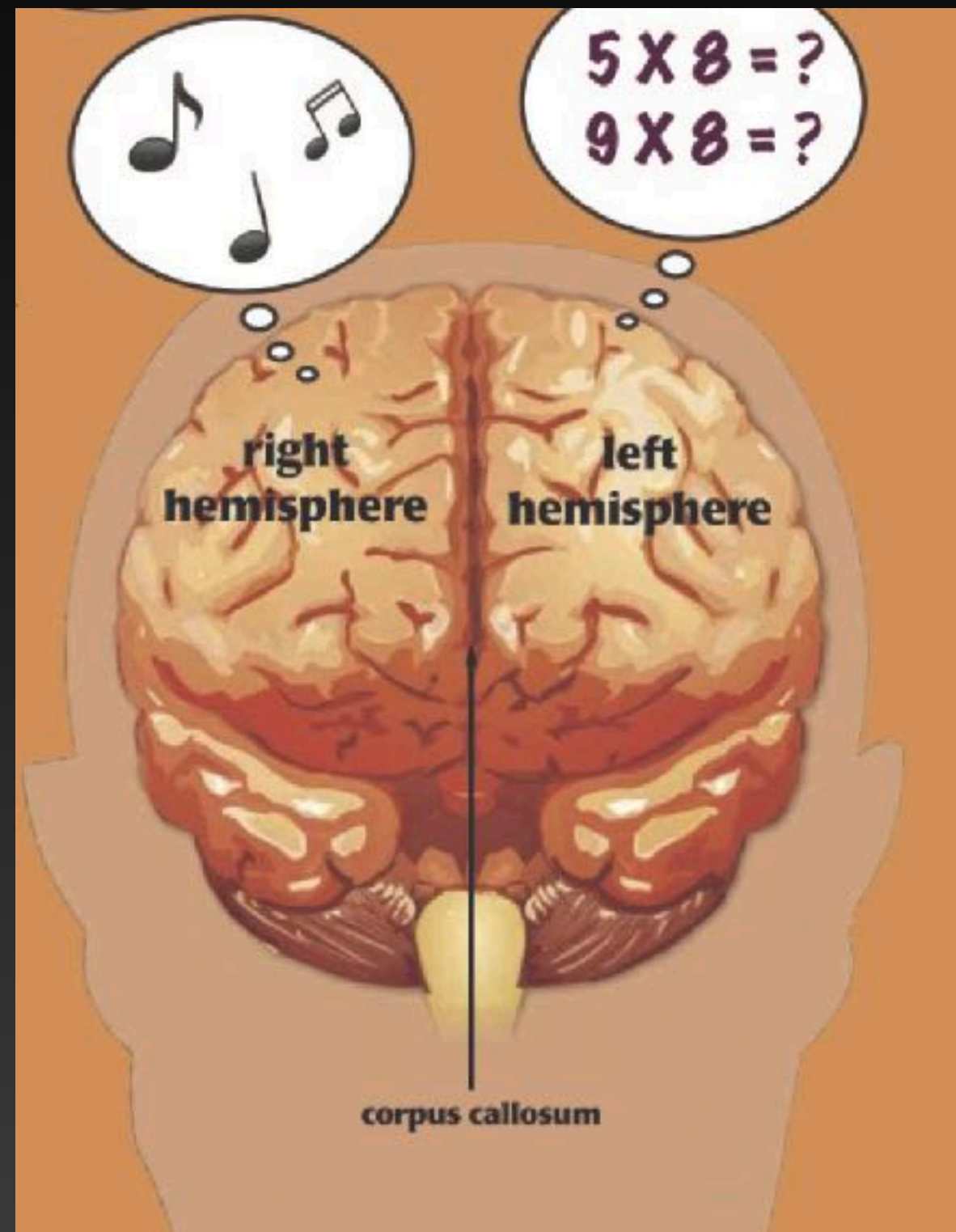
Nervous means brain, inside your brain have tiny Nerve cells and they have a special name. They are called Neurons. A Neuron has three main parts-cell body, axon and dendrites. Brain has different parts to connect each other. Their names are-premotor cortex, primary motor cortex, Broca's area and frontal eye field. Do you know about the 5 senses? They are included! Your brain is divided into 5 different smaller parts. The three parts are-Cerebrum, Cerebellum and the brain stem.



The Two Hemispheres

The Nervous System

The two hemispheres of your cerebrum work together, but each one is better at some kinds of things. The left hemisphere is better at solving math and reading directions. The right hemisphere is better at making art and playing music. The hemispheres are connected by a thick band of nerves called the corpus callosum.



Rest is best

The Nervous System



Make sure you get plenty of sleep. Sleep gives your brain a chance to rest a bit. It also allows your your brain to sort out and store during the day. Most kids between the ages of 6 and 9 years old need about ten hours of sleep each night. Kids ages 10-12 need a little over nine hours.



A little electricity

The Nervous System

Neurons send tiny electric signals to carry information. Here is how:

1. The electrical signal travels through the neuron and down its axon.
2. When the signal reached the end of the axon, it jumps across a tiny gap to the next neuron. The signal moves up the dendrite and into the axon.
4. At the end of the axon, the signal jumps to the next dendrite in line.
5. On and on it goes, from one neuron to the next in a long chain of or from the brain.