AMAZING BODY SYSTEMS

NERVOUS SYSTEM



pogo

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CHAPTER 1

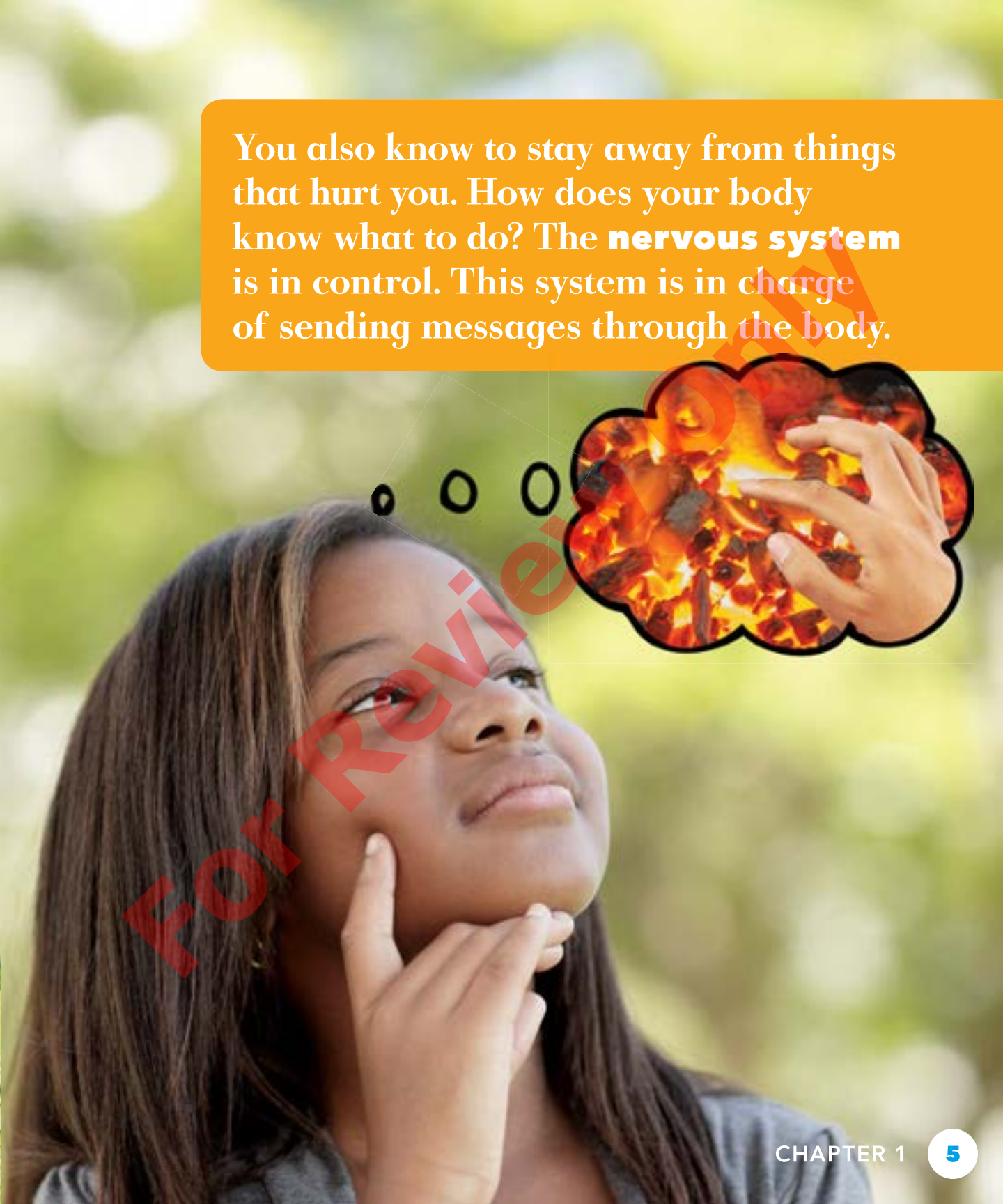
IN CONTROL

Your body does a lot in a day. You wake up. You breathe. You eat, skip, and run.



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You also know to stay away from things that hurt you. How does your body know what to do? The **nervous system** is in control. This system is in charge of sending messages through the body.



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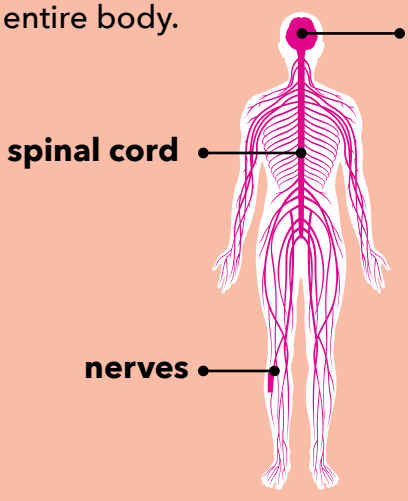


You move your legs, arms, fingers, and toes by choice. But this system also sends messages you don't know you're sending.

You breathe, blink, and move food through your body. You shiver when you're cold. You sweat when you're hot. The nervous system controls everything your body does.

TAKE A LOOK!

Your nervous system runs throughout your entire body.



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CHAPTER 2

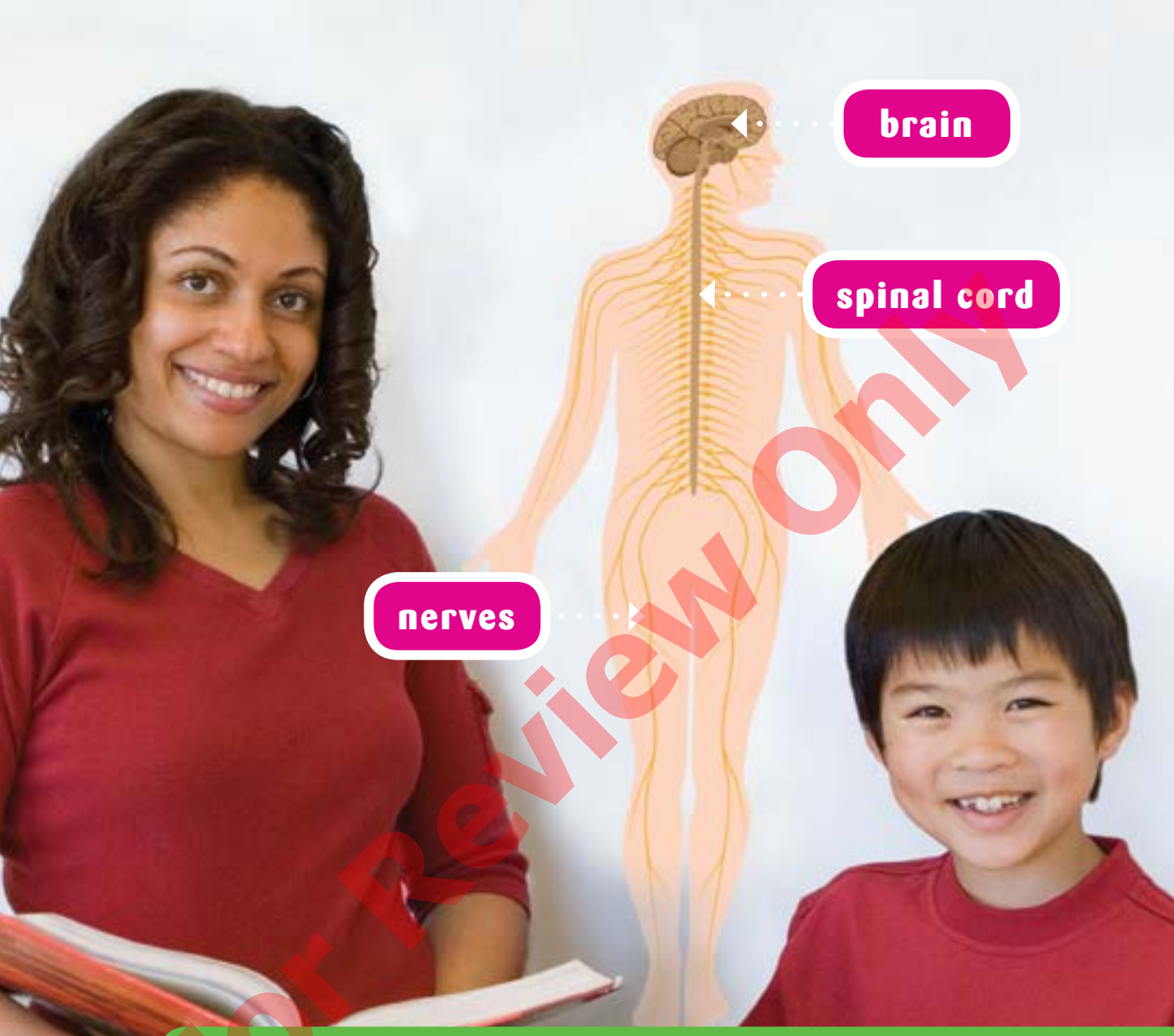
NERVE HIGHWAY

Your nervous system is made up of a highway of **nerves** that transmit messages through your body.

The **brain** and **spinal cord** are also parts of this system.



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The brain directs traffic. This **organ** is your thinking machine. Millions of **nerve cells** surround it. The hard bone of the skull protects the brain.

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ACTIVITIES & TOOLS

TRY THIS!

KNEE REFLEX

Send a message to your brain and watch your body react with a reflex.

You will need:

- your hand
- your leg
- a chair



1. **Sit on a chair. Cross one leg over the other.**
2. **Find the spot right below your kneecap. Hit it quickly with the side of your hand. Don't hit too hard! This sends a message to your brain.**
3. **Watch your leg. What happens? Your brain's message causes your leg to kick out. This is a reflex.**

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GLOSSARY

brain: The organ inside your head that you use to think and feel.

chemical: Something made in the body that sends a signal.

gland: An organ that makes chemicals in the body.

nerve cells: A cell in the nervous system.

nerves: Threads of nerve cells.

nervous system: A body system that sends messages and controls action, organs, and senses.

organ: A part of the body that does a certain job.

spinal cord: A cord of nerves that runs down the spine and connects the brain to the body.

vertebrae: The small bones that make up the spine.



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