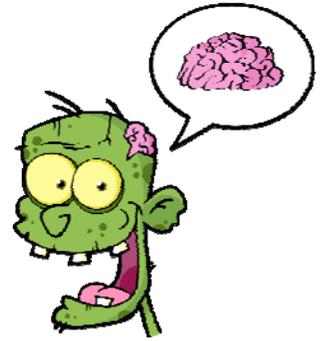


Name \_\_\_\_\_

# The Brain

It's been 100 days of school and that means you are 100 days smarter! We can thank our wonderful brains for that. Let's learn a little about the brain and answer the questions that follow.



Your brain is the boss of your body. It runs the show and controls just about everything you do, even when you're asleep. It is faster than the fastest computer. It tells your body how to work and move, lets you feel emotions and allows you to learn new information. It even tells you to get out of the way of danger. Not bad for a three pound mass that looks like a big, wrinkly, gray sponge.

There are many key players that make up your brain, but the biggest part of the brain is called the cerebrum. It sounds like suh-REE-brum. The cerebrum makes up 85% of the brain's weight. The cerebrum is the thinking part of the brain and it controls your voluntary muscles — the ones that move when you want them to. So you can't dance — or throw a ball — without your cerebrum.

The cerebrum has two halves, with one on either side of the head. Scientists think that the right half helps you think about abstract things like music, colors, and shapes. The left half is said to be more analytical, helping you with math, logic, and speech. Scientists do know for sure that the right half of the cerebrum controls the left side of your body, and the left half controls the right side.

There is still so much to discover about the brain. It is a very fascinating organ. As of late, scientists have come to realize that the brain acts much like a muscle and can get bigger when you exercise it. We exercise our brains by learning as much as we can and by doing challenging activities. Things like puzzles, reading, playing music or art are great for the brain. Eating healthy foods, participating in physical activities and avoiding drugs and alcohol are also vital for your brain. Wearing a helmet when you ride your bike or certain sports is also extremely important. Doing these things will keep your brain strong and healthy for your entire life!

## Questions

1. What is the largest part of your brain? \_\_\_\_\_
2. What side of your brain controls the left side of your body? \_\_\_\_\_
3. The brain acts much like a \_\_\_\_\_ and can get bigger and stronger with \_\_\_\_\_.
4. The brain is the \_\_\_\_\_ of your body.
5. Name three things that you can do to keep your brain healthy and strong. \_\_\_\_\_  
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