



## HANDOUT: The Amazing Brain

*Note: The information in this document is to help teachers with content on this topic.*

- What is an organ? Ask students to list different organs in the body.
  - An organ is a special group of tissues that do specific jobs for your body. Each organ has a task to do.
  - Heart, eyeballs, kidneys – all have specific jobs for your body.
- Which organ acts like a computer? Which organ controls most of the activities for our body?
  - The most incredible part of our body is the brain.
  - The brain is inside our head.
  - The brain is a group of special tissues in your body.
    - For example: If you sit down, it's your brain telling you to sit down. If you run, it's your brain telling you to run.
  - The brain is powerful and does a great job of controlling the activities of your body.
- How does the brain work?
  - It gets help from the nervous system.
  - This is different from a “nervous” feeling. Give an example of when you might feel nervous.
  - The nervous system is how the brain can control other systems in your body.
  - The brain is connected to the spinal cord and together, they send messages throughout the central nervous system (which is throughout the body)
    - For instance: When you touch something hot and you pull your hand away quickly – that's the brain sending a signal to your hand that it's in danger.
- What is a brain?
  - It's the organ that is responsible for controlling everything our body does.
  - Our brain is always active, even when we sleep.
  - It keeps us alive as it controls our heart beating and our breathing.
- Did you know that because the brain controls most of what we do, it needs to be protected? That's why the brain lives in the skull. The skull is hard, strong, and protects the brain to do its job.





- Even when you are sitting and thinking, daydreaming, planning – that’s all done with the help of your brain.
- Ask the students to wiggle their nose, tap their fingers, wave hello ... all examples of how our brain tells our other body parts what to do.
- The human brain is divided into 3 parts
  1. Brainstem: At the base of the brain and it connects the brain to the rest of the body through the spinal cord. It controls vital functions like heart rate, digestion and breathing
  2. Cerebellum: responsible for maintaining balance and directing the movement of our entire body and ensures that our movements are carried out in a coordinated matter
  3. Brain itself: Responsible for receiving signals and sending signals
    - The brain is divided into two parts
      - Left hemisphere & the right hemisphere
      - These two hemispheres are connected by the corpus callosum allowing information to pass from one hemisphere to the other
      - Left hemisphere: logic, math, speaking and writing skills
      - Right hemisphere: creativity, imagination, music, emotional and intuitive reactions such as fear and joy

How incredible is the human brain? During this entire lesson – while you were learning, you were using your brain.

