

# YOUR BRAIN

## Level 3-4

**They say all the brains are found in the front row. Did you know that your brain controls everything, not just all the neat things that you think of. It controls your breathing, seeing, eating... everything!**

The brain is connected to a thick cord of nerves that run down the middle of your spine, and to all the smaller nerves that go throughout your body. These are the 'roads' for information to travel between your brain and the rest of your body. The time it takes for messages to be received or sent through this system is called reaction time.



### TRY THIS

Test your reaction time! Have a friend hold a ruler just above your thumb and finger. When they let the ruler go, catch it as quickly as you can. Look at the cm on the ruler to see how quickly you reacted. See if you can get quicker.

**WHAT ELSE CAN YOU FIND OUT ABOUT THE BRAIN?**