

Simon's Nervous System

Level J/K



by **Teresa Clevidence**

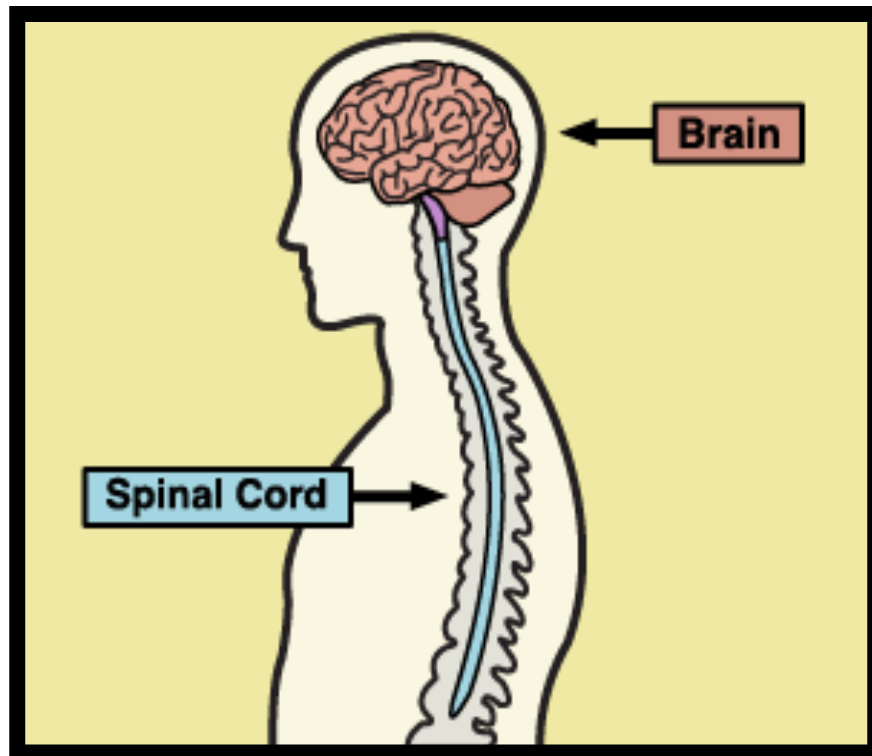


Illustrated by **Travis Schaeffer**

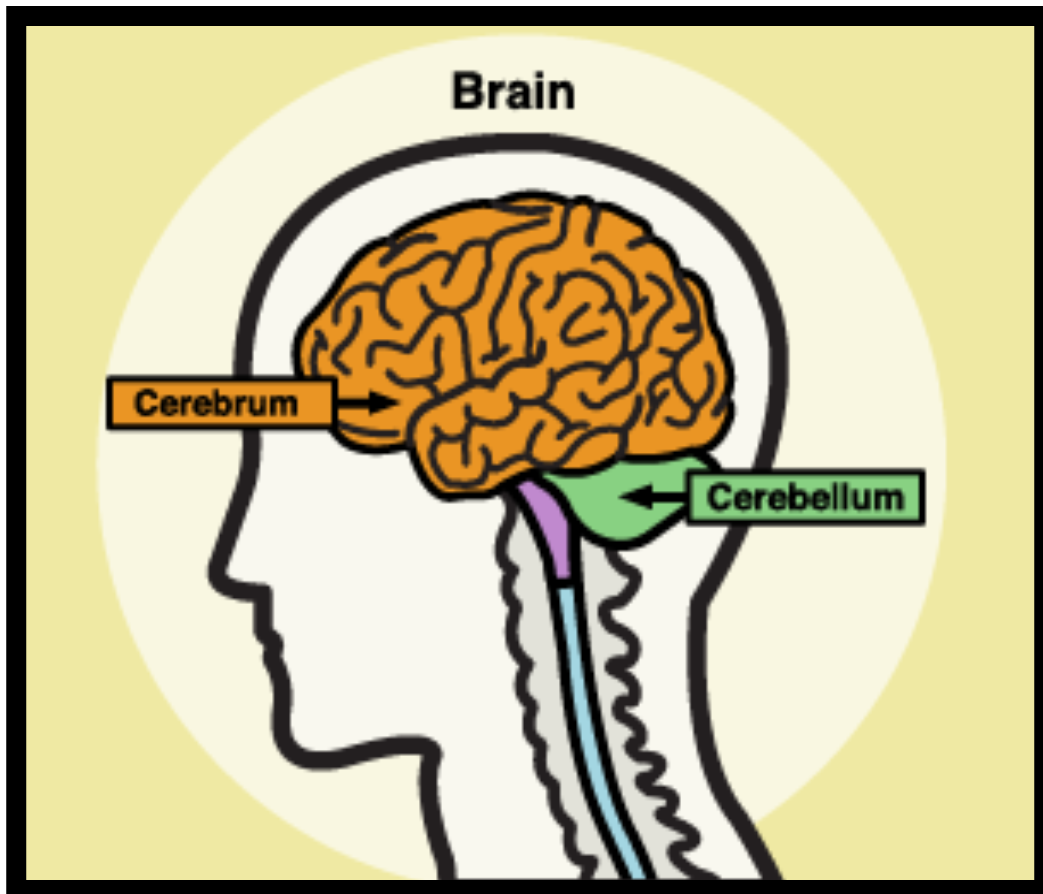




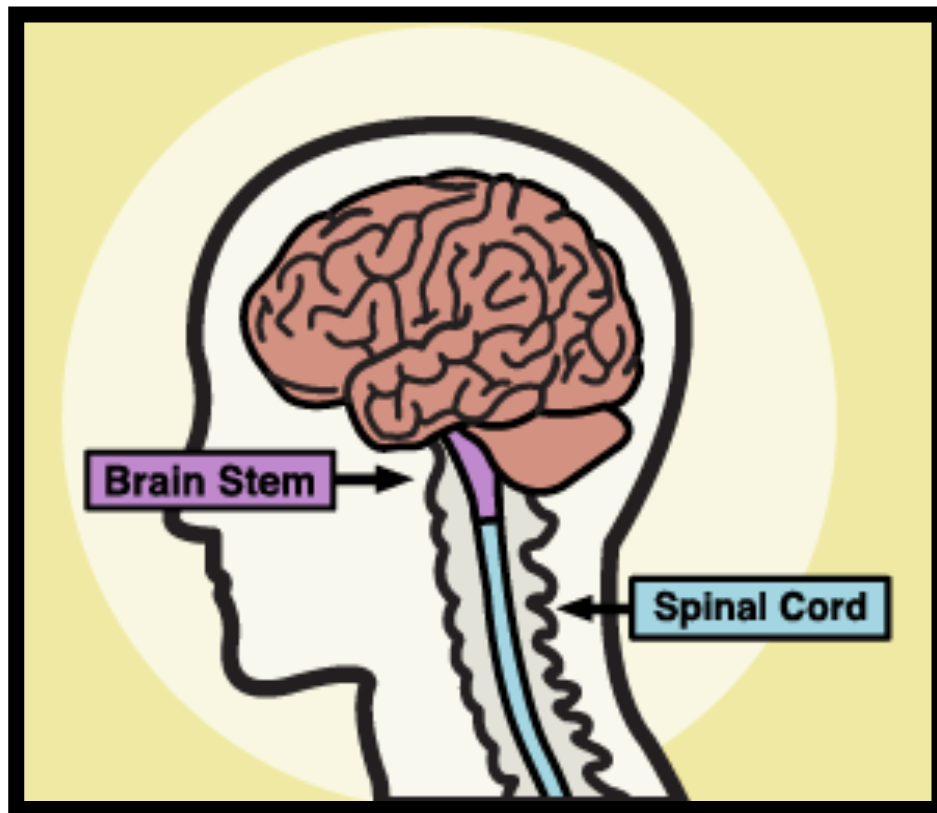
Simon wants to learn more about his nervous system. He wants to learn more about how his brain and spinal cord work. Simon visits his doctor to learn more about his nervous system.



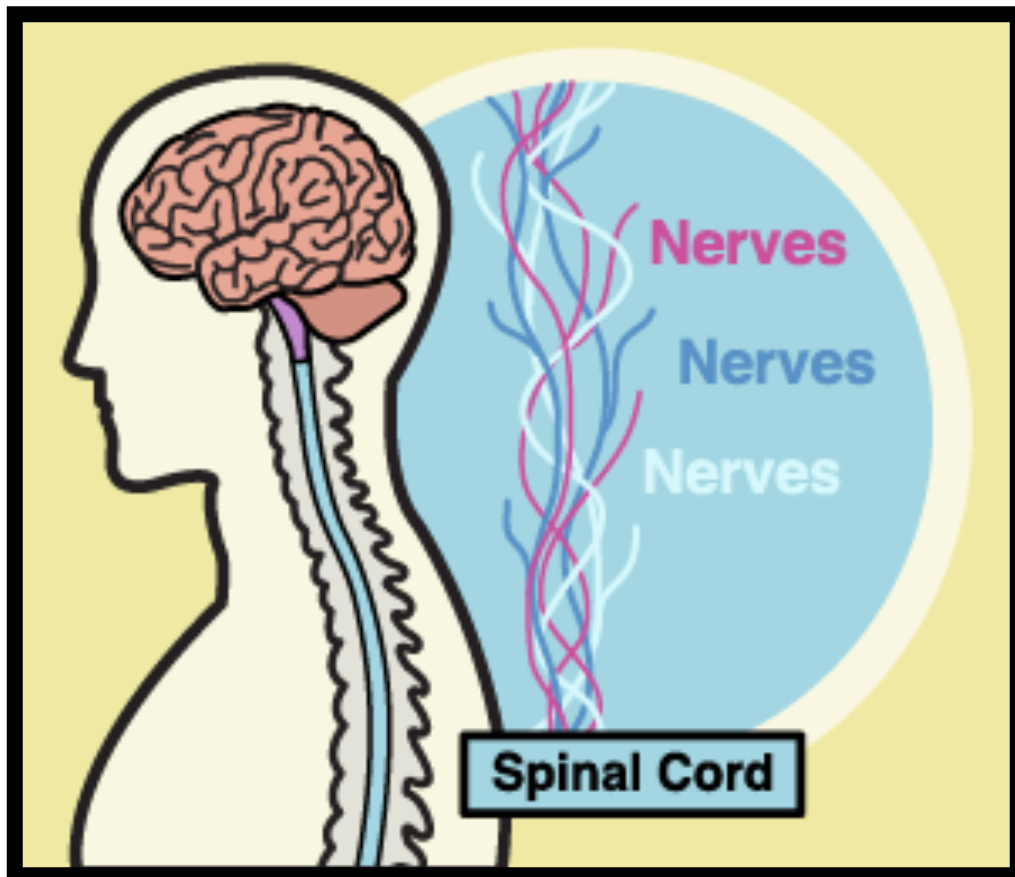
The nervous system controls every part of the body. The nervous system has two main parts: the brain and the spinal cord. Together they control thinking, smelling, running, breathing and everything else you can think of! The nervous system works nonstop, even when you are sleeping.



The brain is the boss of your body. It is made up of many parts. The cerebrum is the biggest part of the brain. The cerebrum controls thinking and making muscles move on purpose. Another part of the brain is the cerebellum. This part helps you keep your balance.



The brain stem is also a part of the brain. The brain stem controls many things that need to happen, but you never think about. The brain stem controls breathing, telling the blood to pump faster or slower, and telling the stomach to digest the food. The brain stem also connects the brain to the spinal cord.



The spinal cord is a bundle of thousands of nerves. A nerve sends messages to and from the brain. A nerve can be very long and run from your brain all the way to your toe. A nerve can be very short and run from your neck to your brain. Every part of your body has nerves.



All parts of the nervous system work together. When you touch something hot, a nerve in your finger sends a message that travels from your finger, up your hand and arm, up the spinal cord and to your brain. The brain takes that message and tells you that it hurts and to quickly move your hand.



Simon learned a lot about his nervous system. He learned how the brain and spinal cord work. Simon will take care of his brain by eating healthy foods and wearing a helmet when he rides his bicycle.



The End

yes



Simon's Nervous System

no



| | | | | | | |
|---------------|--------------|-------------|----------------|--------------------|----------------|-----------------|
| learn | visit | biggest | Simon | nervous system | brain | spinal cord |
| control | thinking | long | doctor | part | body | boss |
| move | help | short | cerebrum | muscle | cerebellum | balance |
| breathing | connect | hot | brain stem | blood | stomach | bundle |
| send | | hurt | nerves | message | | |