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# Neuro Art

## Activity Sheet



Learning how your brain and body send messages helps you understand your emotions, movements, and reactions. It can also strengthen your connection with yourself.

This activity helps you explore your nervous system. You'll create an artistic version of your nervous system that shows how everything is connected.

### Instructions

1. Review the information about the human nervous system and neurotransmitters. Take a close look at an image of the nervous system on the next page.
2. Draw or trace an outline of yourself on your paper.
3. Inside your outline, draw and label your brain, spinal cord and nerves branching out like tree roots.
4. Give each neurotransmitter a colour. For example: endorphins = blue, adrenaline = red
5. Around the outside of your outline, add words or sketches of activities you like (e.g., music, art, sports, friends, screen time, sleep). Use the colours to show which neurotransmitters are flowing. For example: Soccer = endorphins and adrenaline (blue + red)
6. Decorate your artwork. Show how everything is connected.
7. Share your creation with others and discuss how your nervous system works!



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## Human nervous system

Your nervous system is your body's command centre. It's made up of your brain, spinal cord and nerves. Your nervous system works by sending messages, or electrical signals, to and from your brain and all the other parts of your body.

### Here are the main parts:

- **Brain:** Your brain is the control centre. It takes in all kinds of information and directs things like muscle movement, emotions, decisions, and more.
- **Spinal cord:** Your spinal cord acts like a highway, carrying messages between your brain and the rest of your body so everything can work together smoothly.
- **Nerves:** Your nerves are like long, branching wires that connect your brain and spinal cord to every part of your body. They send messages that help you move, feel, and react.
- **Neurotransmitters:** These are the chemical messages that spark movement, emotions, attention, and decisions.

### Quick guide to common neurotransmitters

- **Dopamine:** A messenger linked to motivation and the "I did it!" feeling. It often increases when you finish a goal, learn something new, take on healthy challenges, or get fair rewards.
- **Serotonin:** A messenger tied to a steady mood and a calm feeling. It often increases with daylight or time in nature, regular sleep, balanced meals, and acts of kindness or gratitude.
- **Endorphins:** Natural pain-relief and feel-good messengers released after moving. They often increase with exercise, laughter, and dancing.
- **Adrenaline and cortisol:** Messengers that put you on high alert and under stress. They often increase during strong stress, fear, or high-pressure moments—useful in short bursts, like during a sports event or performance, but not all day.





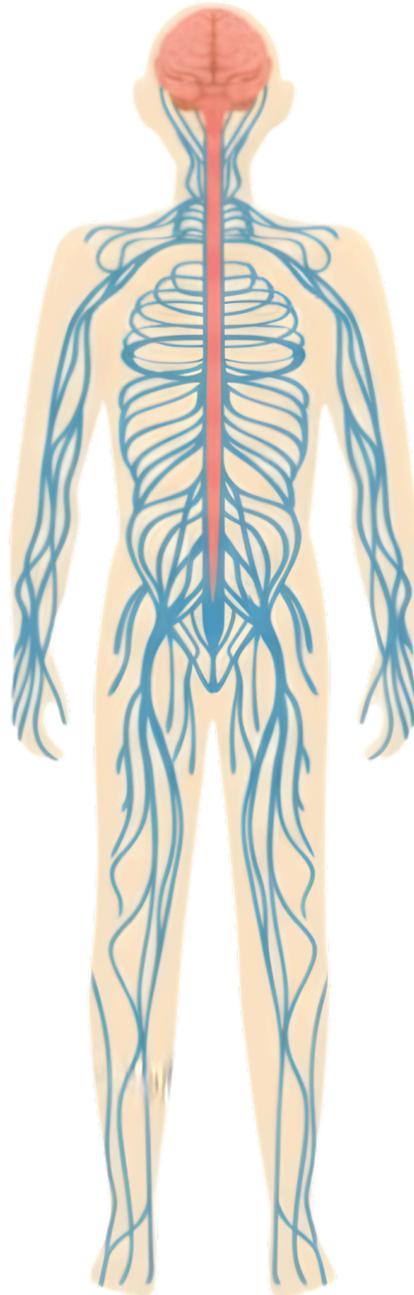
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## Human nervous system



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