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| |  |  |  | | --- | --- | --- | |  | **Fact Sheet on the Brain *Fun Facts for kids*** | | |  | *Fun Fact 1* | What is the brain? Your brain is one of the most important organs in your body - it is the center of the nervous system and controls all of your thoughts and movements |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 2* | Our brain enables us to; move, think, learn, feel emotions, remember, dream, create, breathe, see, hear, feel and taste |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 3* | Your brain controls your body movements by sending messages to the muscles via nerves. Nerves are attached to the spinal cord which is connected to the brain |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 4* | Nerves are made of neurons, neurons work in a similar way to electrical signals – by sending messages around the human body |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 5* | How big is a human brain? The brain of an adult weighs around 1.5 kg (3 lbs) and measures around 16cm long, 14cm wide and 10cm deep |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 6* | The texture of a brain is very soft, and can be described similar to the texture of a soft mushroom. The head is encased in a tough shell called a skull; the skull is hard to protect the brain |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 7* | What are the main parts of the brain? The five main parts consist of the: cerebrum, cerebellum, brain stem, pituitary gland and the hypothalamus |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 8* | The biggest part of the brain is called the cerebrum. The cerebrum controls our movements, thoughts and memory, it consist of two halves and makes up 85% of the brain's weight |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 9* | The cerebellum is located at the back of the head, above the brain stem. The cerebellum controls our movement and balance the word cerebellum means little brain |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 10* | The brain stem is at the base of the brain it controls our heart rate and breathing |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 11* | The pituitary gland is about the size of a pea, its function is to create chemicals called hormones; the pituitary gland receives information from other glands and makes sure that the right amount of hormones are being released |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 12* | The hypothalamus is about the size of an almond; it is responsible for controlling hormones and other functions including sleep, thirst, appetite and body temperature |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 13* | Did you know that your brain reaches full size when you are around six years old? |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 14* | The brain is often described as the 'grey matter'; however the color is closer to a soft pink-beige with an off-white cream color on the inside |  |  | | --- | |  |  |  |  |  | | --- | --- | --- | |  | *Fun Fact 15* | Like all parts of your body, your brain can benefit from exercise too! Puzzles and problem solving are a great way to exercise your brain to help it function and work more effectively! |  |  | | --- | |  |  |  |  | | --- | --- | |  | **Fact Sheet on the Brain *Fun Facts for kids*** | |

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