

THE IMPORTANCE OF NERVES

Did you know that tiny messages tell your brain to act and react to what is happening at the moment? For instance, when you stub your toe, your nerves quickly send signals to your brain that you are in pain. Then you yell "ouch" very loudly and hop around. You may even feel angry. Later, you might laugh at yourself for acting so silly. All of these actions and reactions are guided by your brain and nervous system.



Disney
BE HEALTHY
BE ACTIVE