

# The Brain - how does your brain work?

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## **How does your brain work?**

Your brain works by sending and receiving messages through the nerves in your body. The nerves act like the body's telephone system. Information from your senses passes along nerves, up the spinal cord (a long nerve inside your backbone), all the way to your brain. Your brain can store this information and use it to send a message back to the body. When you touch something, nerves send a message to the brain. The brain works out what the message means and sends a message back.

## **When did you feel pain?**

You feel pain when your brain tells you to. When you touch something sharp or hot, nerves in your fingertips send a message to your brain to warn it of the danger. The brain processes this information and tells the muscles in your arm to move your hand away from the source of pain as quickly as possible.

## **What does your brain do?**

Your brain controls your body. It tells the rest of your body what to do and when to do it. Different parts of the brain have different jobs. The biggest part is the cerebrum, and it does most of the thinking based on information it gets from your senses. The right half of your brain controls the left side of your body and the half controls the right side.

**Did you know?** Messages traveling along the spinal cord to the brain race along at over 300 kilometers an hour, which is faster than most fast trains.

## **Does your brain ever rest?**

No, even when you are in a deep sleep your brain never rests. The brain is always on the go. At night, it keeps your heart beating, makes sure you breathe and controls many other body functions. This is also the time when the brain processes, or sorts out, all the new stuff you learned during the day.

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