Getting Started:

1. Please set up your space so that you have room to move and a four-legged chair with no wheels to sit on.

2. Be sure to keep a pen/pencil/paper nearby to jot down your thoughts.

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Email: getmoving@pureedgeinc.org
Introductions

Please respond to the poll by choosing which one of the emojis best describes how you are feeling.
Learning Objectives

1. A Peek Inside the Amazing Brain - Virtual tour
2. Understand the Brain-Body Connection
3. Learn four parts of the brain.
4. Understand how we use each part in our daily activities and actions.
Nervous system

Brain
- Cerebral Hemisphere
- Diencephalon
- Midbrain
- Cerebellum
- Brainstem
- Medulla

Spinal Cord

Peripheral Nerves

Central Nervous System

Peripheral Nervous System
Central Nervous System

The Brain and Spinal Cord make up the...
The brain stem
The limbic system
The Cerebellum
The Cerebrum

The brain is made up of...
The brain and the body are always working together.
Optimistic Closure: Jeopardy
The largest part of the brain is made up of the CORTEX which is unique to humans.
Optimistic Closure

Also known as the Little Brain
Houses our survival mechanisms such as: respiration, heartbeat, and blood pressure.
Optimistic Closure

Processes emotions, feelings of safety, and contentment.
Thank you for joining us!

Session: Virtual Field Trip: 6th-8th Grade
Trainer: Anne Contreras, Director of Programs

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