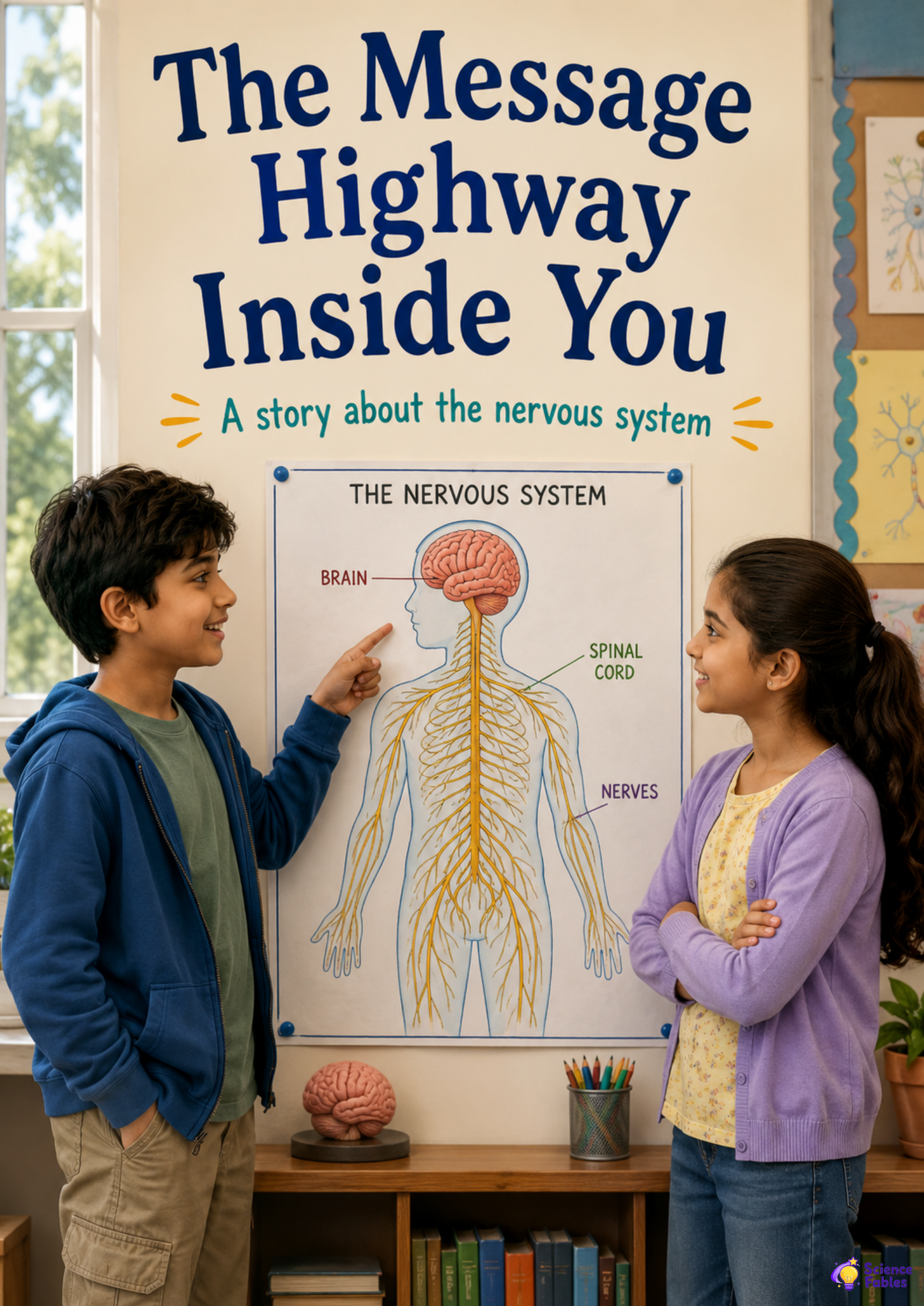
The Message Highway Inside You

A story about the nervous system



A Strange Fast Message

Ari was bouncing a rubber ball with Zoya when it slipped and rolled under a classroom shelf. As Ari reached for it, his fingers brushed something cold and dusty. He jerked his hand back and laughed. “How did my body react so fast?” he asked.

Their teacher, Ms. Kim, smiled. “Because your nervous system is always sending messages,” she said. “It is the body’s message highway, carrying information from one place to another in a flash.”



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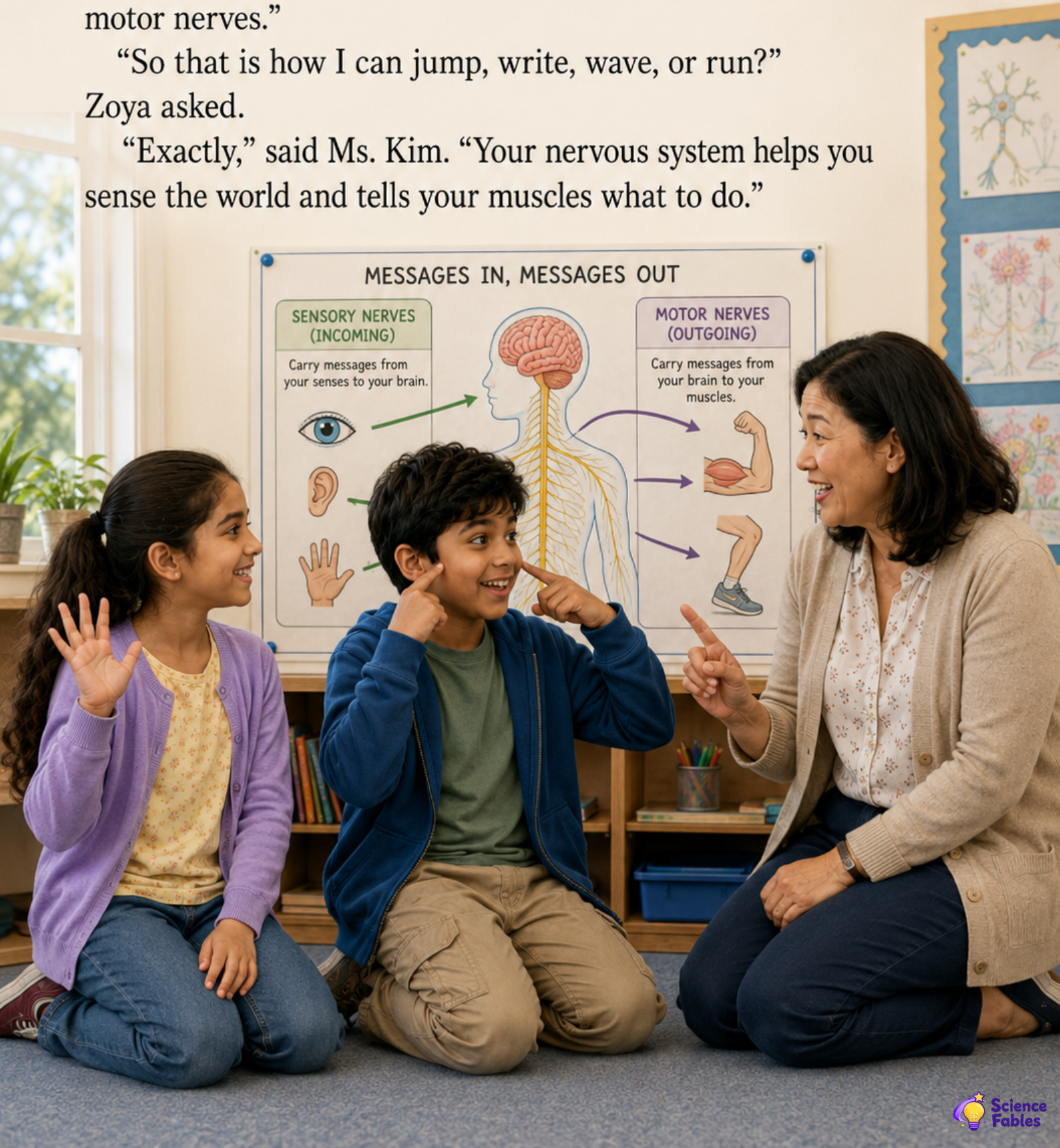
Incoming and Outgoing Messages

"When your eyes see, your ears hear, or your skin feels something, sensory nerves carry that message to your brain," Ms. Kim said.

"Then the brain sends new messages back through motor nerves."

"So that is how I can jump, write, wave, or run?" Zoya asked.

"Exactly," said Ms. Kim. "Your nervous system helps you sense the world and tells your muscles what to do."



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The Control Center and the Highway

Ms. Kim showed them a diagram of the body. “The brain is the control center,” she explained. “It helps you think, remember, and make decisions.”

She pointed lower. “The spinal cord is the main highway. It carries messages between the brain and the rest of the body.” Tiny nerves branched out from it like roads reaching every arm, leg, finger, and toe.



A Super-Fast Reflex

To demonstrate, Ms. Kim gently tapped Ari's knee with a small rubber hammer. His foot kicked out before he even thought about it.

"That quick response is called a reflex," she said. "Sometimes the spinal cord helps the body react right away, especially when speed keeps you safe."

Ari grinned. "So my body can protect me before my brain even finishes the message!"



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Science Element

The nervous system includes the brain, spinal cord, and nerves.

The brain is the control center.

The spinal cord carries messages between the brain and the body.

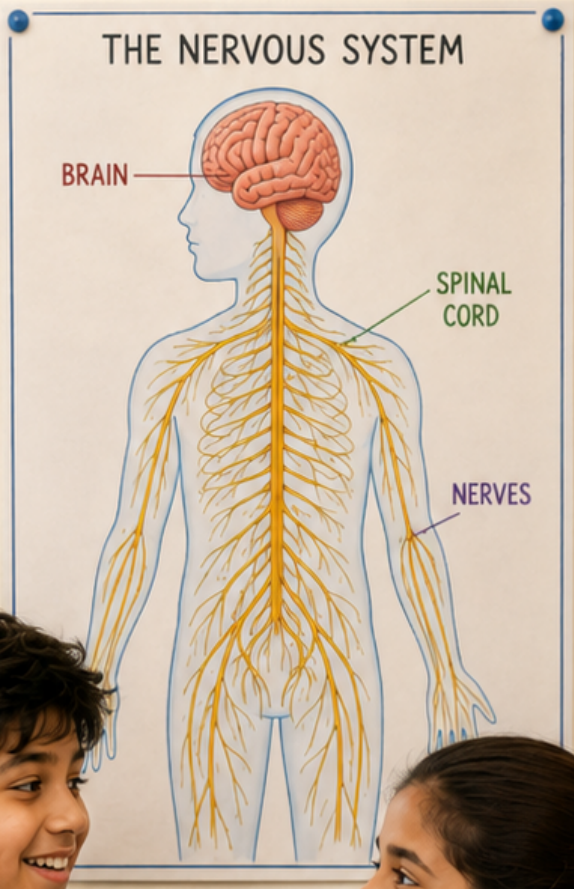
Nerves branch through the body like a message highway.

Sensory nerves bring information in from your eyes, ears, skin, nose, and tongue.

Motor nerves send instructions out to muscles and organs.

Reflexes are fast responses that help protect the body.

Together, the nervous system helps you move, feel, think, and stay safe.





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