The Control Room Inside Your Head

A Story About the Brain



Zara and Milo were playing a game during recess.
Milo ran, jumped, turned, and caught the ball all in one move.
Zara stared at him.
'How did your body know how to do all that so fast?'
Milo looked at his hands. 'Maybe my muscles are super smart.'
Just then, Dr. Chen walked over and smiled.
'Your muscles are strong,' she said,
'but your brain tells them what to do.'

Brain Clue

The brain is the control center.
It sends messages through nerves to your muscles.
That's how you can move so fast!

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‘My brain?’ Milo asked.

Dr. Chen nodded. ‘Your brain is like the control room inside your head.’

Zara touched her forehead. ‘So my brain tells my body to move?’

‘Yes,’ said Dr. Chen. ‘When you decide to run, your brain sends messages through your spinal cord and nerves. Those messages travel to your muscles.’

Milo looked amazed. ‘Like tiny signals?’

‘Exactly,’ said Dr. Chen. ‘Your nerves carry messages very quickly.’

Brain Clue

The brain sends messages through your spinal cord and nerves. Those messages help your muscles move.

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Zara pointed to her eyes. ‘What about seeing?’
‘Your eyes collect information,’ Dr. Chen said.
‘Then your brain helps you understand what you see.’
Milo held up the ball. ‘So my eyes saw the ball,
and my brain helped me catch it?’
‘That’s right,’ said Dr. Chen.

Brain Clue

Your senses gather information.
Then your brain helps you understand
what you see, hear, and feel.

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Later in class, Dr. Chen drew a simple brain on the board.

'Different parts of the brain have different jobs,' she explained.

'Some parts help you think. Some help you remember.
Some help you move. Some help you balance.'

Zara raised her hand. 'What about feelings?'

Brain Clue

Different parts of the brain help with thinking, memory, movement, and balance.

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'The brain helps with feelings too,' Dr. Chen said.

'It helps you feel happy, worried, excited, calm, or curious.'

Milo grinned. 'So my brain is doing homework, sports, memories, and feelings?'

'All day long,' said Dr. Chen.

Brain Clue

Your brain helps control emotions as well as learning, memories, and movement.

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Zara looked surprised. ‘Even when I’m sleeping?’

‘Yes,’ Dr. Chen said. ‘Your brain still works while you sleep. It helps your body rest, stores memories, and keeps important body jobs going.’

Milo took a deep breath. ‘Like breathing?’

‘Yes,’ said Dr. Chen. ‘Your brain helps control breathing, heartbeat, and many things you do not even have to think about.’

Brain Clue

Your brain keeps working while you sleep.
It helps control breathing, heartbeat, and memory.

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Zara looked at Milo. ‘So the brain is not just for thinking.’

‘It is for running the whole body,’ Milo said.

That afternoon, Zara drew a picture of a control room in her notebook.

Inside it, tiny workers sent messages to the eyes, ears, hands, feet, heart, and lungs.

At the bottom she wrote: ‘My brain is the boss, the messenger, the memory keeper, and the problem solver.’

Brain Clue

The brain works like a control room.
It sends messages all around the body.

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What the Kids Learned

A Summary



The brain is the body's control center.
It sends messages through the spinal cord and nerves.
It helps with movement, thinking, memory, senses, balance, emotions, breathing, and heartbeat.
The brain works all day and even keeps working while we sleep.

Best title: The Control Room Inside Your Head

Topic: Brain

Science Element: Brain, nerves, spinal cord, senses, movement, memory, emotions, and body control.

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