

# The Nervous System

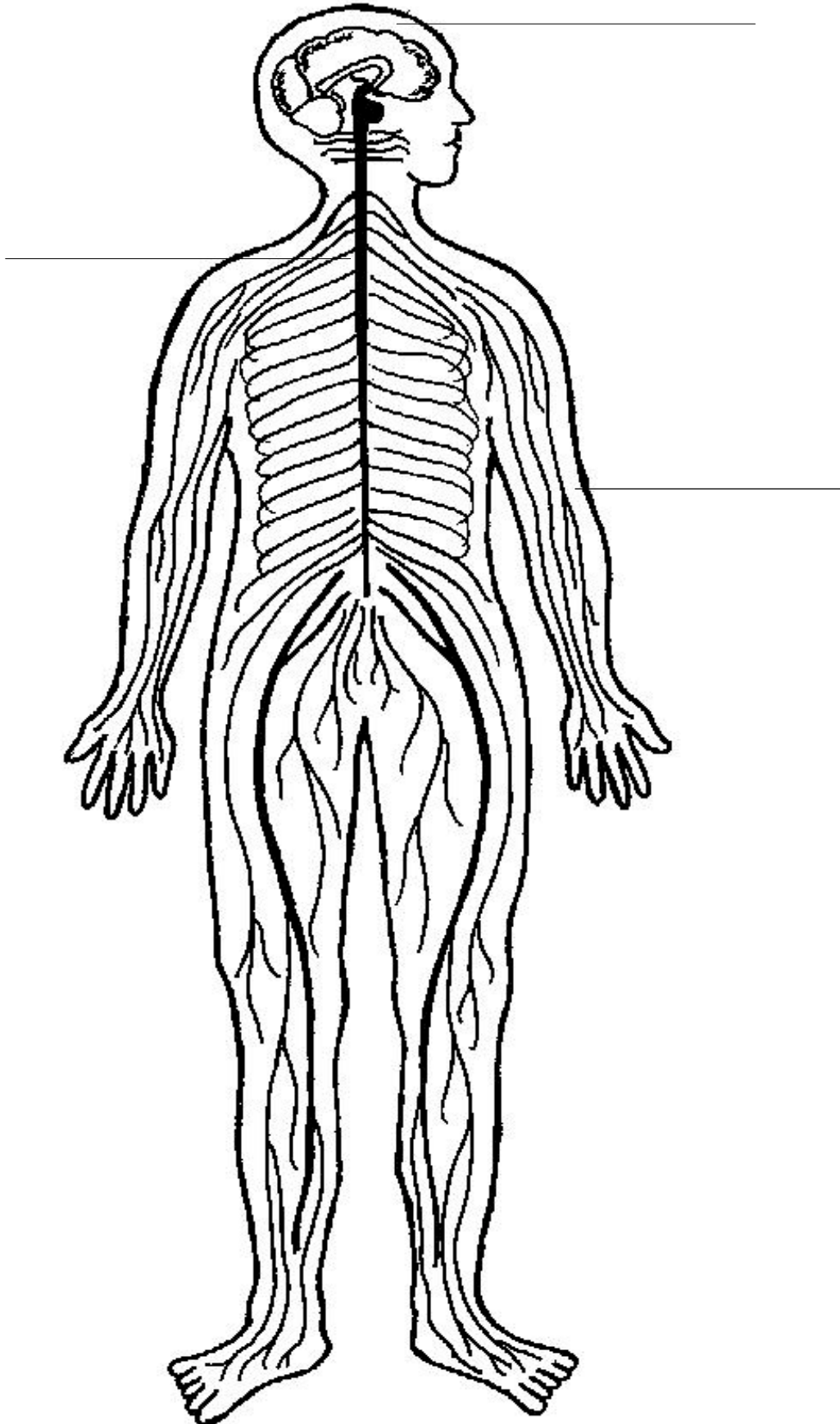
Your **nervous system** directs all of the actions happening in your body. This system collects information and sends messages using the **brain**, **spinal cord**, and **neurons**, also known as nerve cells.

There are over 100 billion neurons in the brain alone. Millions more are found throughout your body. The neurons main functions are to take in sensory information, process information, or to cause a part of your body to move.

All of these decisions are directed by your brain, an organ with three main parts. The **hindbrain** helps to control basic movement such as how you sit or walk. In the **mid-brain**, your vital life functions, such as your breathing and heartbeat, are controlled. Finally, the **forebrain**, which is the largest part, contains your thoughts and memories.

Your brain is linked to the rest of your body by the spinal cord. This long tube is found inside your backbone and passes messages between the brain and other parts of your body, helping you to do everything from walking to talking.

# A Diagram of the Nervous System



# A Labelled Diagram of the Nervous System

