

Brain Logic Puzzle

Place an X in the boxes for answers that are false, and an O in the boxes for answers that are true. Use the clues to solve this puzzle and to discover different parts of the brain, where they are located at in the brain, and what they control in the body.

CLUES:

1. The temporal lobe is not located at the bottom of the brain, but does control emotions.
2. The cerebellum is located at the back of the brain, but does not control breathing or touch.
3. The part that is located on the top of brain controls touch.
4. The brain stem is located at the bottom of the brain.

		Where in the brain				Controls			
		Side	Bottom	Top	Back	Emotions	Breathing	Touch	Balance
Parts	Temporal lobe								
	Cerebellum								
	Brain stem								
	Parietal lobe								
Where in the brain	Emotions								
	Breathing								
	Touch								
	Balance								

Parts	Where in the brain	Controls
Temporal lobe		
Cerebellum		
Brain stem		
Parietal lobe		

BRAIN FACTS:

- If you were to touch a brain, it would feel like touching a tube of toothpaste.
- **Neurons** are special nerve cells in your brain and throughout your body that send and receive information.
- A human brain has **50 to 100 billion** neurons, but this number can change based on how your brain is stimulated.
- For a message to be sent from one neuron to another, it has to cross a microscopic gap called a **synapse**.
- Over time, repeated stimuli create highways of synaptic connections called **“neural pathways.”**

HOW EXERCISE EFFECTS YOUR BRAIN:

- The routes and structures of neural pathways can be strengthened and changed through learning new exercise movements and routines.
- You can challenge your brain with unfamiliar exercise techniques to stimulate your brain to form new neural pathways.
- For example, try kicking a ball with your less dominant foot, or swinging a racket or hurl with your less dominant hand.

DANCE EXERCISES:

- Dancing is a great way to challenge your brain because you are forced to process and perform new movement patterns.
- When dancing you listen to music you enjoy and a chemical is released in your brain, called dopamine, which makes you feel happy.
- Great dance routines to try out can be found at: <https://www.youtube.com/channel/UC6BvqgMubBde7dVe8XYbvIA>

ANSWERS:

Parts	Where in the brain	Controls
Temporal lobe	Side	Emotions
Cerebellum	Back	Balance
Brain stem	Bottom	Breathing
Parietal lobe	Top	Touch