

THE CREATIVE & HEALTHY BRAIN

COLORING & ACTIVITY BOOK

FOR GRADES 1ST-2ND
(AGES 6-8)



W | DII
DRUG INTERVENTION INSTITUTE

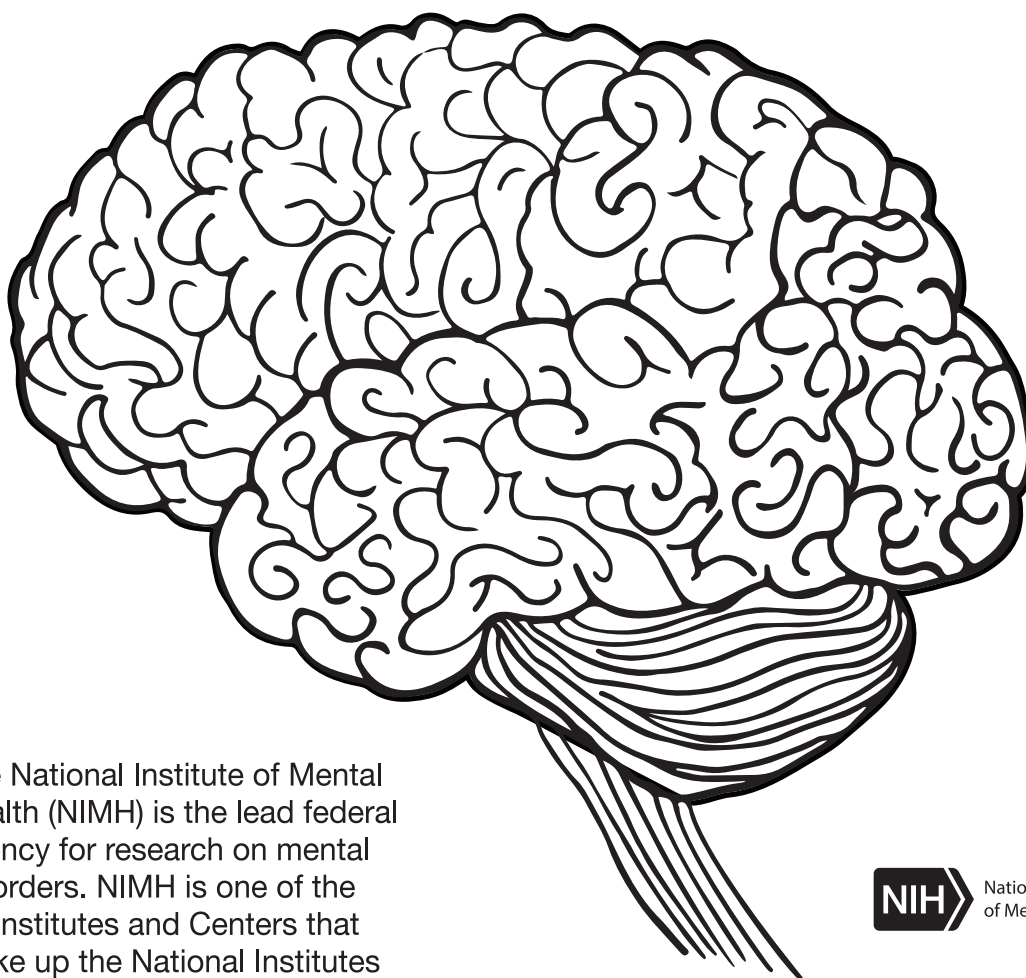
NIH National Institute
of Mental Health

Adapted from the
**NATIONAL INSTITUTE
of MENTAL HEALTH**

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The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's largest medical research agency. NIH is part of the U.S. Department of Health and Human Services.



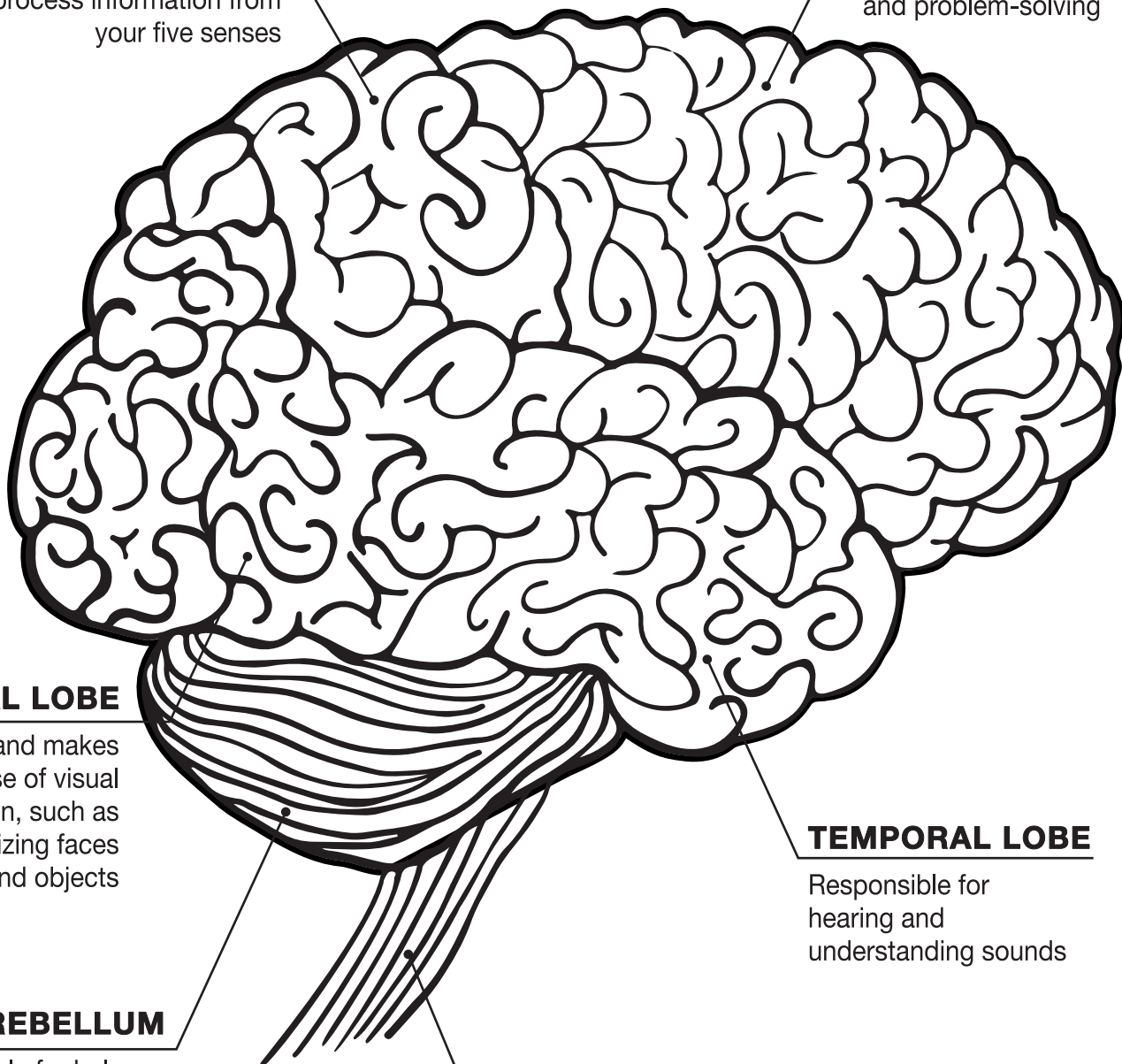
PARTS OF THE BRAIN

PARIETAL LOBE

Helps you understand language and process information from your five senses

FRONTAL LOBE

Aids in complex thinking, learning, and problem-solving



OCCIPITAL LOBE

Receives and makes sense of visual information, such as recognizing faces and objects

TEMPORAL LOBE

Responsible for hearing and understanding sounds

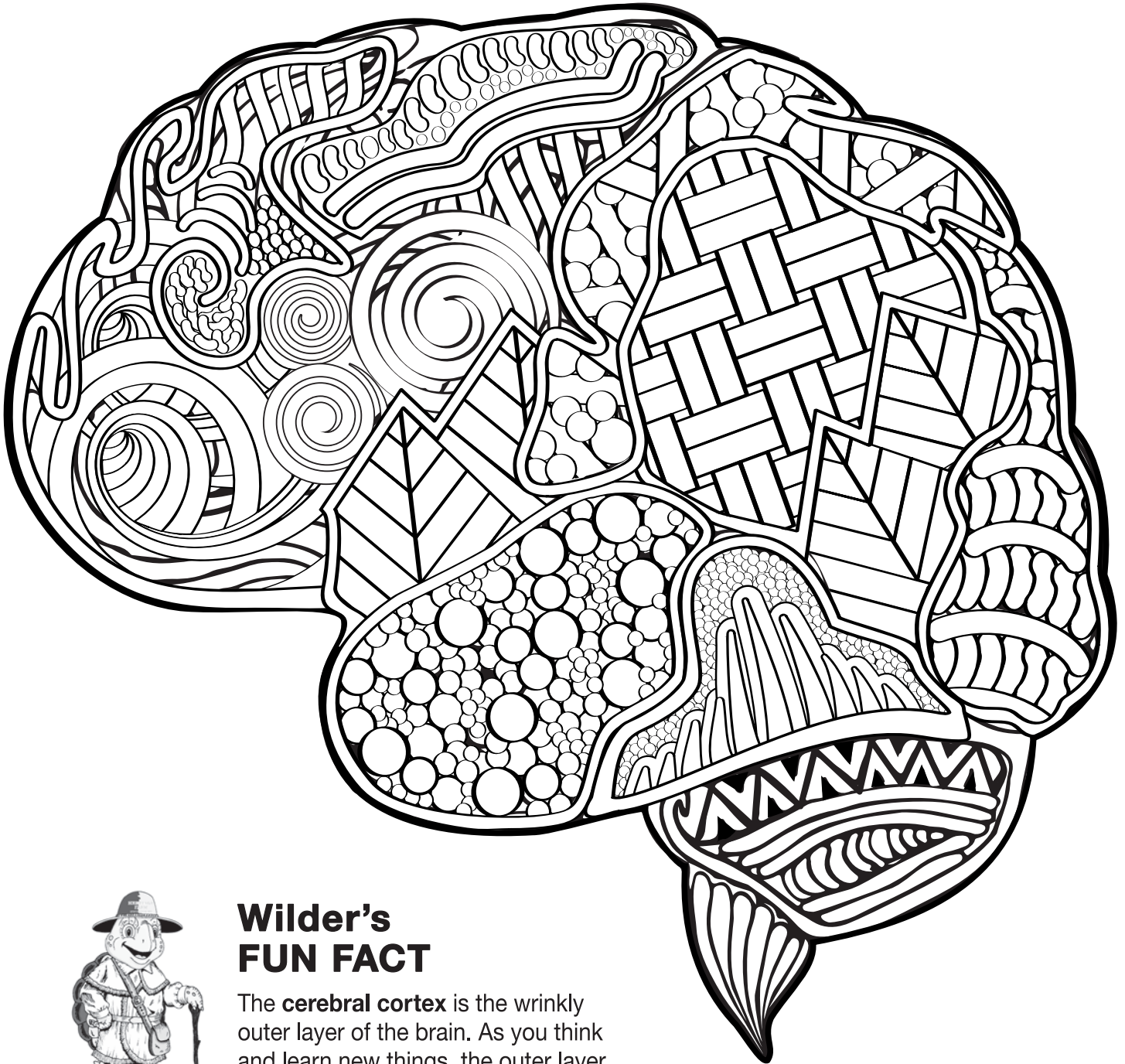
CEREBELLUM

Responsible for balance and coordination

BRAIN STEM

Controls your basic body functions, such as breathing, temperature, and heart rate

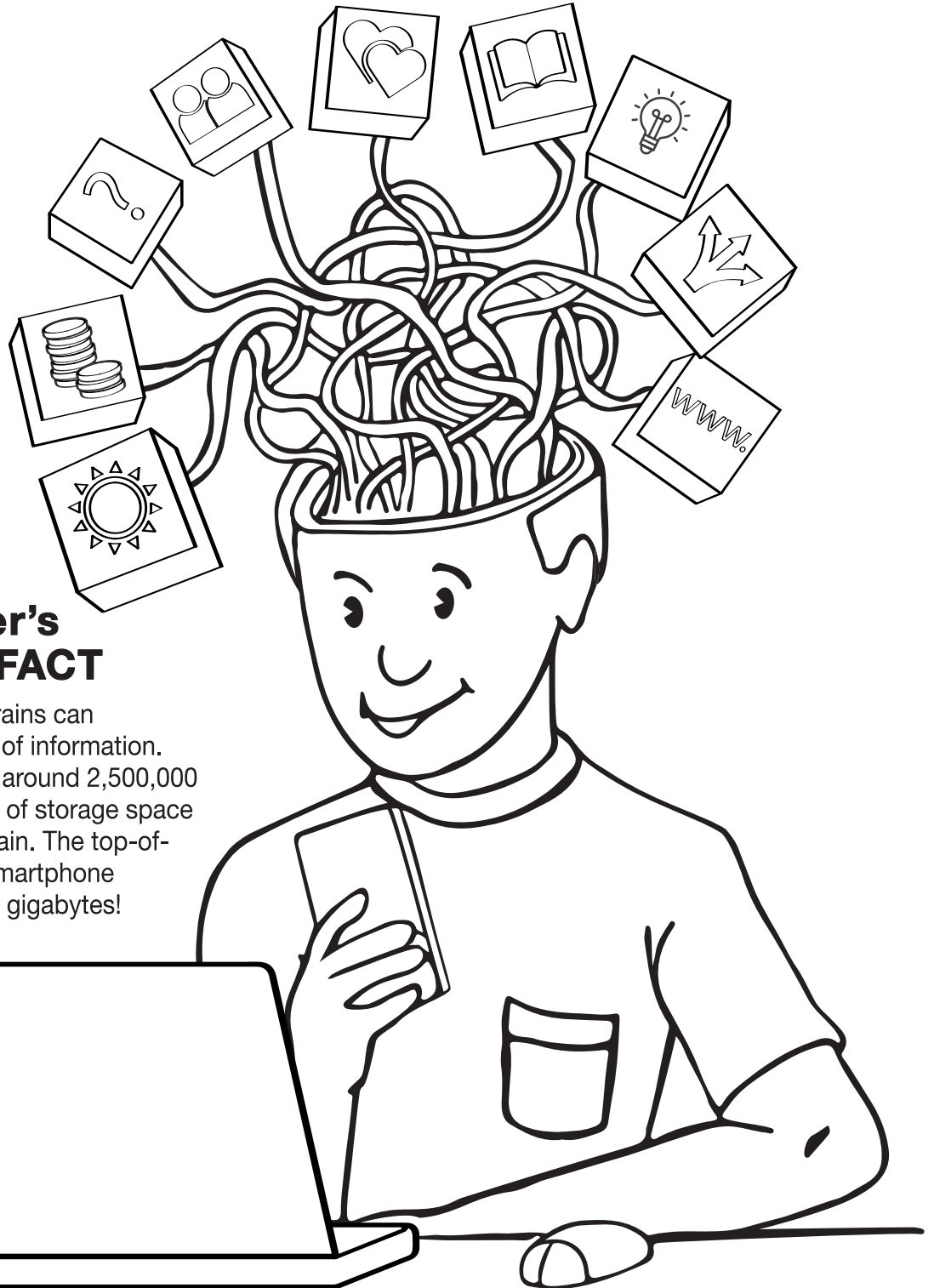
THE CEREBRAL CORTEX



Wilder's FUN FACT

The **cerebral cortex** is the wrinkly outer layer of the brain. As you think and learn new things, the outer layer folds up and gets wrinklier.

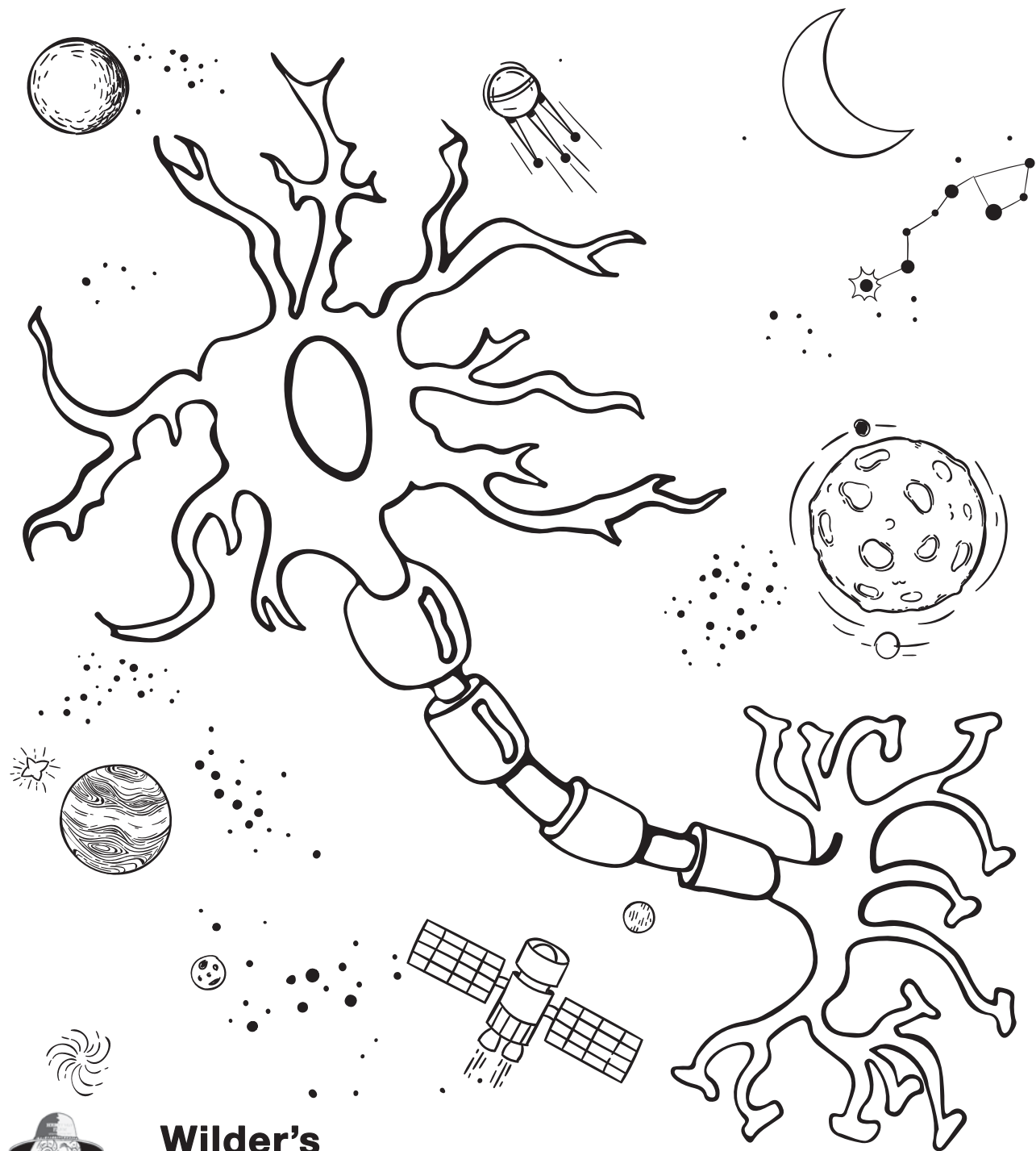
YOUR BRAIN AND MEMORY



Wilder's FUN FACT

Human brains can hold tons of information. There are around 2,500,000 gigabytes of storage space in your brain. The top-of-the-line smartphone has 1,000 gigabytes!

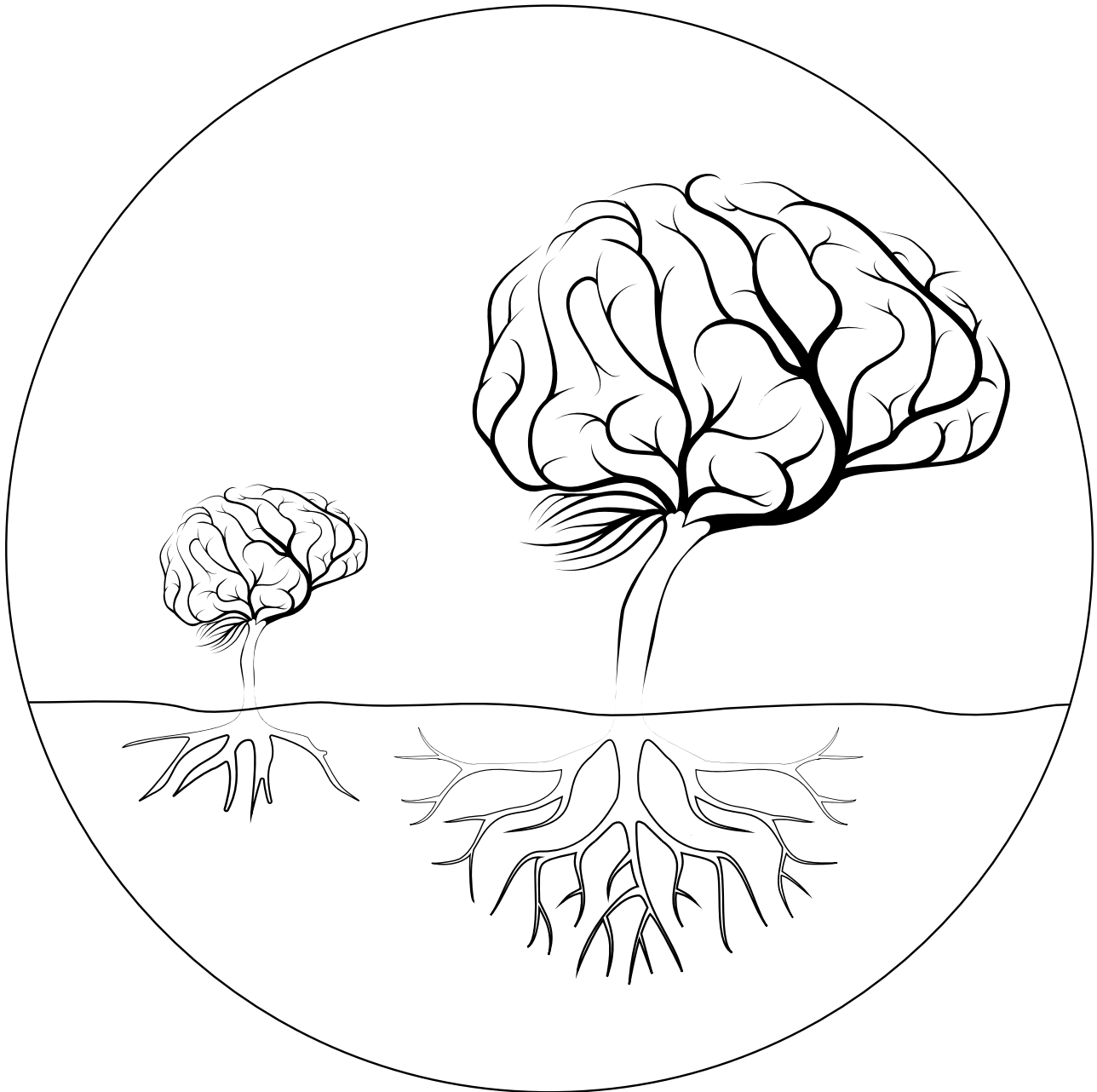
NEURONS IN THE BRAIN



Wilder's FUN FACT

Neurons are cells that send information in your brain. There are three main **types of neurons**: sensory **neurons**, motor **neurons**, and **interneurons**. All three have different roles and play an important part in communicating with the rest of the body. Your brain has about 100 billion neurons (that's 100,000,000,000!), which is about the same as the number of stars in the Milky Way galaxy.

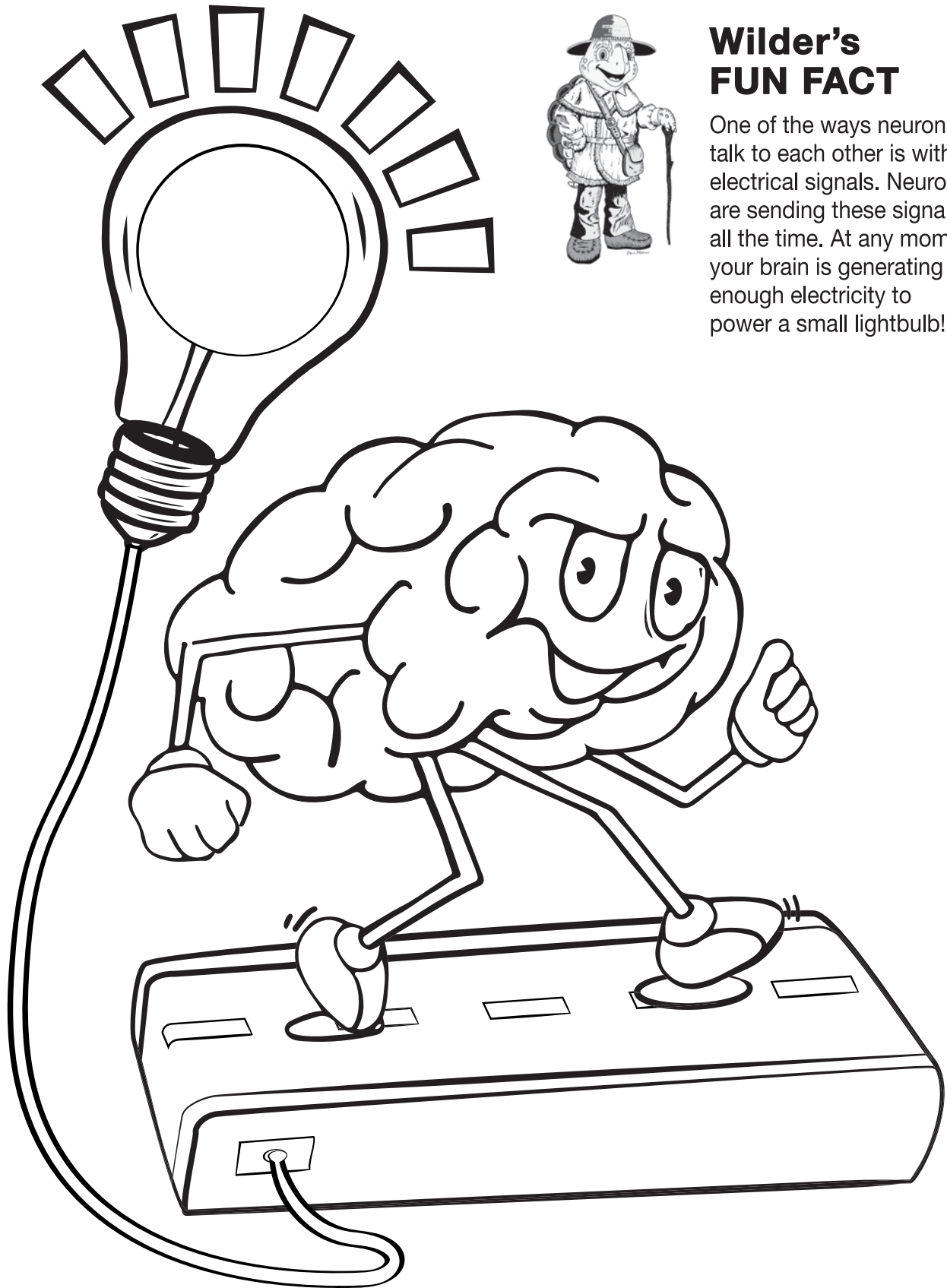
BRAIN GROWTH



Wilder's FUN FACT

The human brain grows a lot between birth and the teenage years. Everyone's brain grows and matures at different rates. Our brains reach their largest size when we are between 11 and 14 years old. Of course, the size of your brain doesn't determine how smart you are!

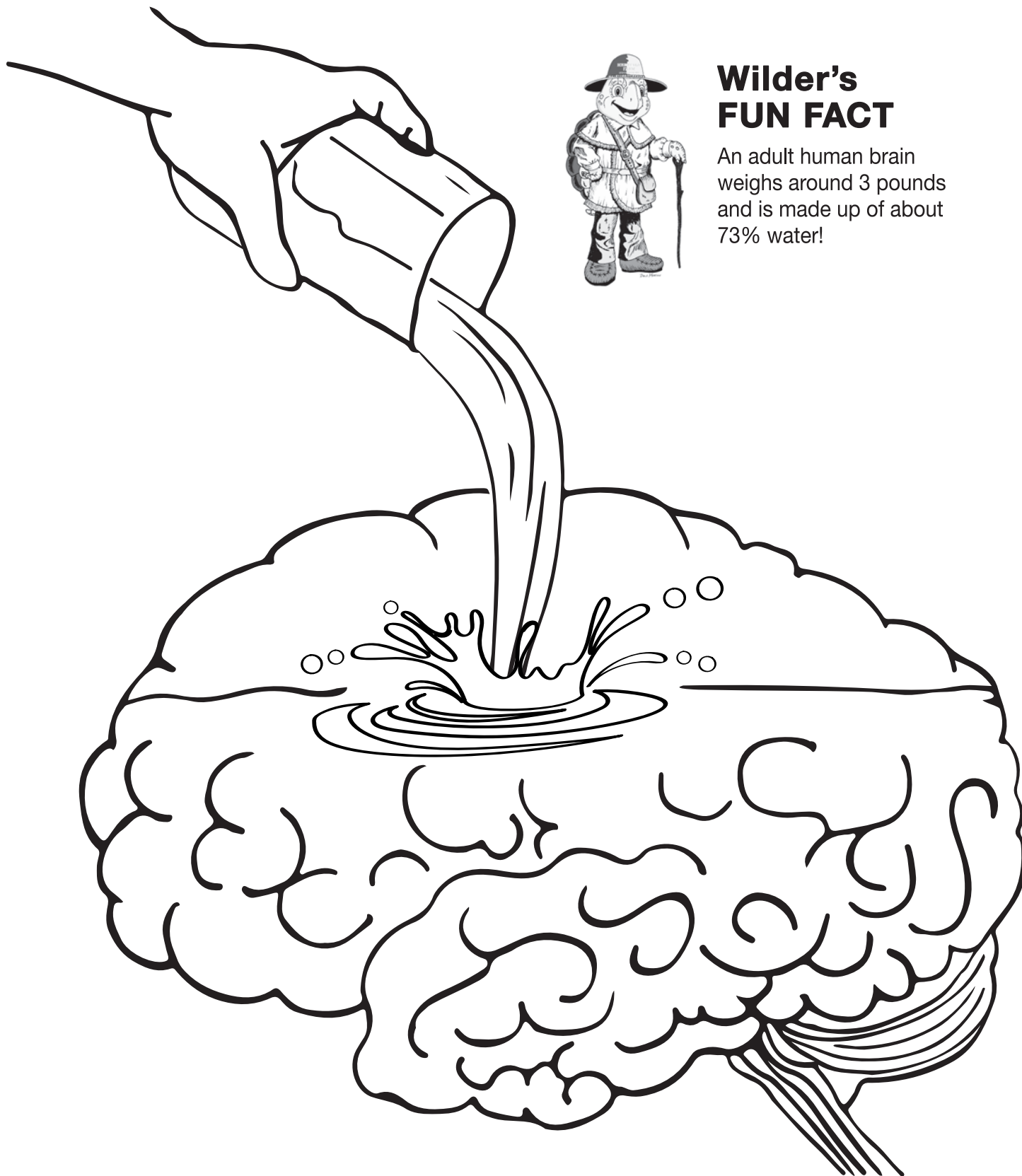
BRAIN POWER



Wilder's FUN FACT

One of the ways neurons talk to each other is with electrical signals. Neurons are sending these signals all the time. At any moment, your brain is generating enough electricity to power a small lightbulb!

WATER IN YOUR BRAIN



Wilder's FUN FACT

An adult human brain weighs around 3 pounds and is made up of about 73% water!

WORD UNSCRAMBLE

DIRECTIONS: Unscramble the words below by rearranging the order of the letters. Then use those words to fill in the blanks in the paragraph below, and learn more about how fast the neurons in your brain work!

T R O O M

N A I R T

R U N N E O S

S A G E M E S S

L A N G I S S

L I O N S M I L

A F S T

L C M E H A C I

There are _____ of _____ in your brain

that tell your whole body what to do. These neurons use electrical and

_____ signals to send billions of _____

every day that help you think, feel, and do amazing things.

They send information to and from your brain at more than 150 miles

per hour, which is as fast as a _____.

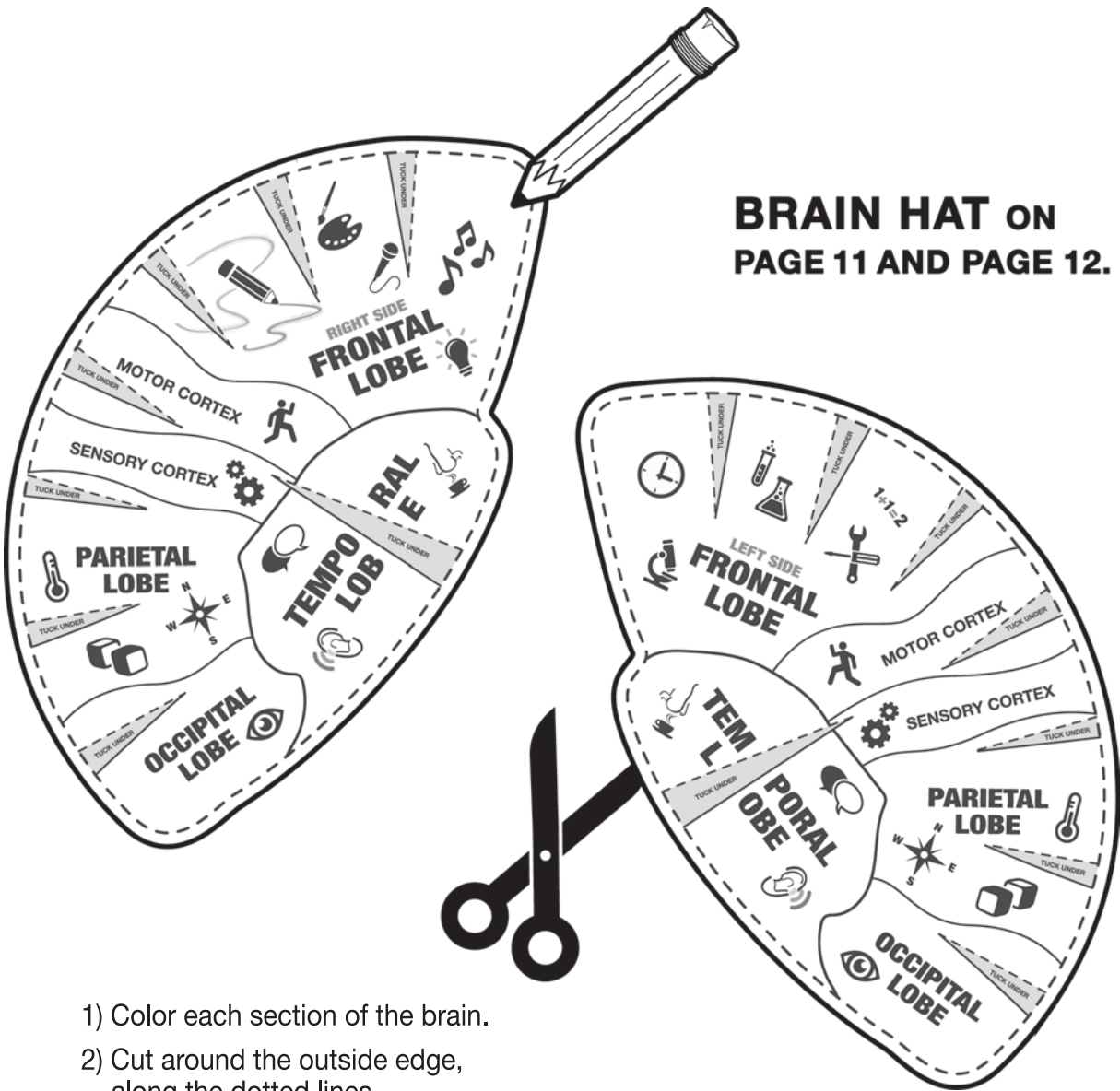
But if you need to act quickly, _____ neurons can send _____

at more than 200 miles per hour. That's _____ !

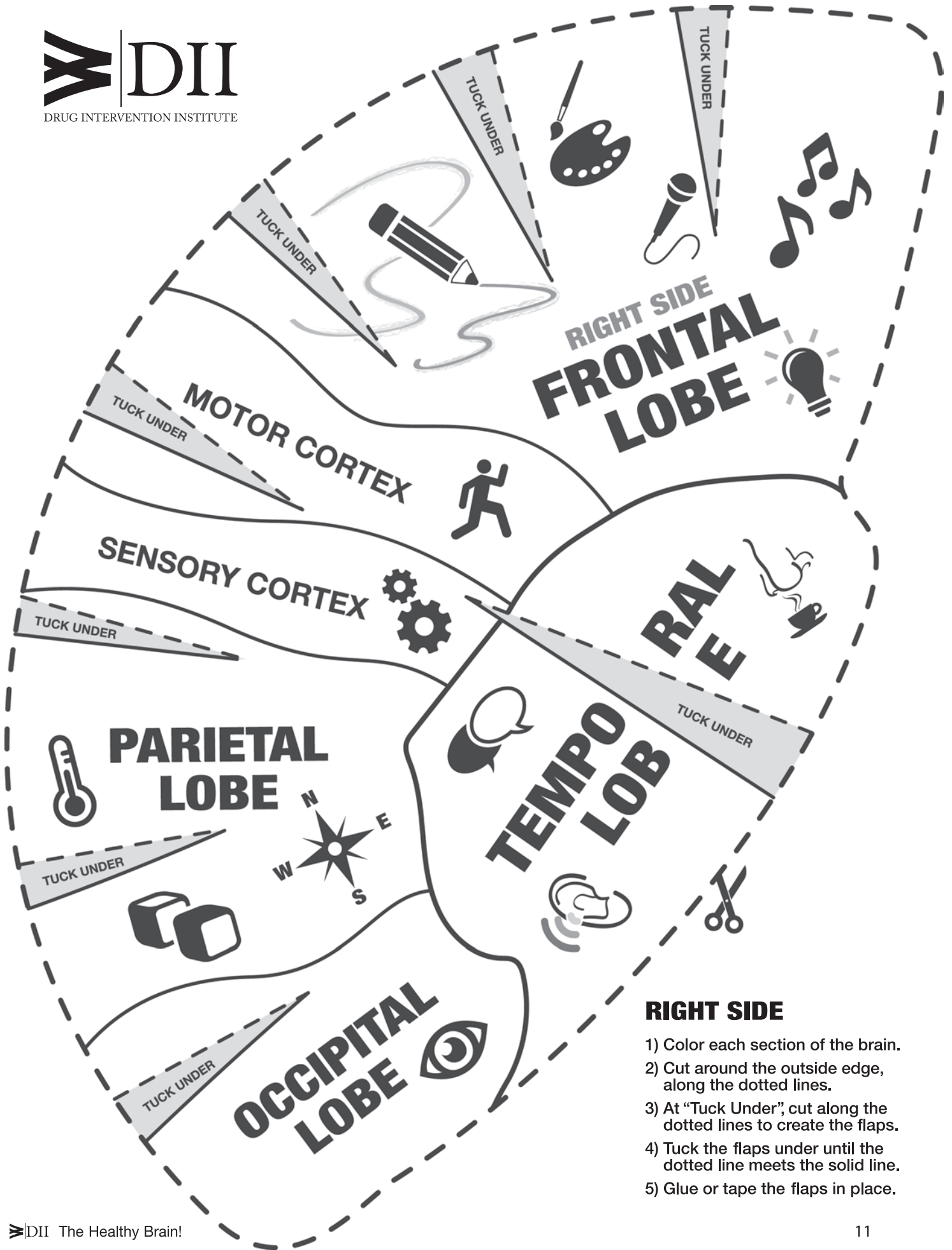
ANSWERS CAN BE FOUND ON PAGE 13.

BRAIN HAT

DIRECTIONS: Color, cut and assemble your very own brain cap to wear! Ask a teacher to help you.

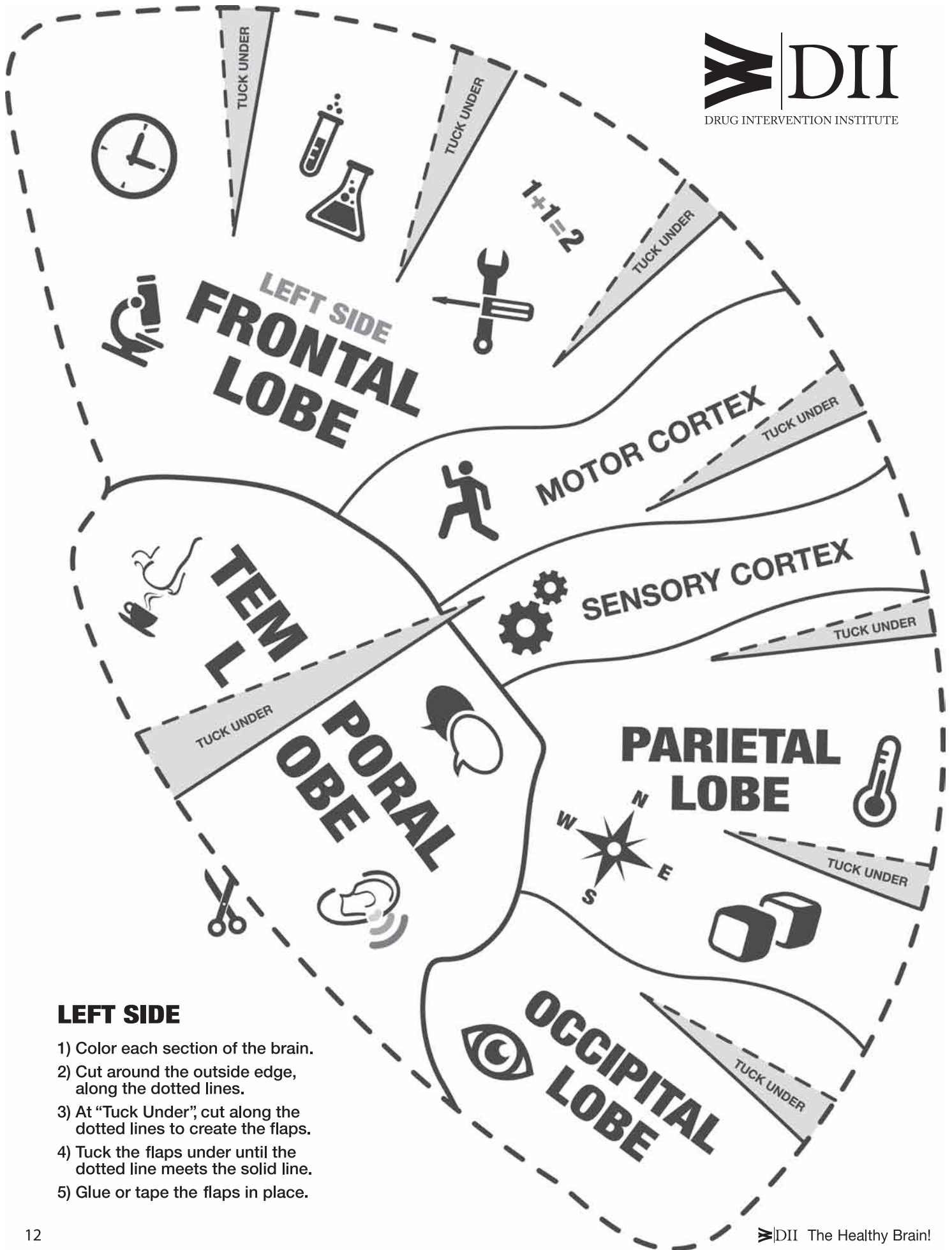


- 1) Color each section of the brain.
- 2) Cut around the outside edge, along the dotted lines.
- 3) At "Tuck Under", cut along the dotted lines to create the flaps.
- 4) Tuck the flaps under until the dotted line meets the solid line.
- 5) Glue or tape the flaps in place.



RIGHT SIDE

- 1) Color each section of the brain.
- 2) Cut around the outside edge, along the dotted lines.
- 3) At "Tuck Under", cut along the dotted lines to create the flaps.
- 4) Tuck the flaps under until the dotted line meets the solid line.
- 5) Glue or tape the flaps in place.



LEFT SIDE

- 1) Color each section of the brain.
- 2) Cut around the outside edge, along the dotted lines.
- 3) At "Tuck Under", cut along the dotted lines to create the flaps.
- 4) Tuck the flaps under until the dotted line meets the solid line.
- 5) Glue or tape the flaps in place.

ANSWERS TO ACTIVITY PUZZLES

ANSWERS TO “WORD UNSCRAMBLE”

MOTOR

NEURONS

SIGNALS

FAST

TRAIN

MESSAGES

MILLIONS

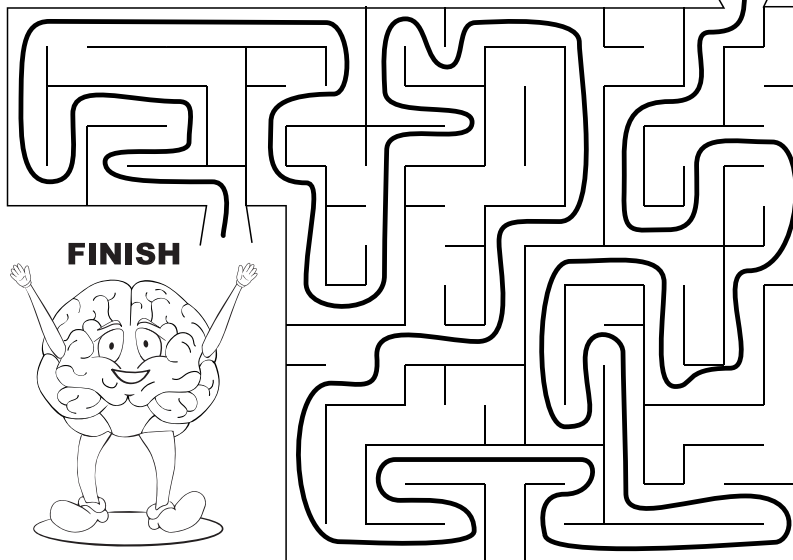
CHEMICAL

There are **MILLIONS** of **NEURONS** in your brain that tell your whole body what to do. These neurons use electrical and **CHEMICAL** signals to send billions of **MESSAGES** every day that help you think, feel, and do amazing things. They send information to and from your brain at more than 150 miles per hour, which is as fast as a **TRAIN**. But if you need to act quickly, **motor** neurons can send **SIGNALS** at more than 200 miles per hour. That's **FAST!**

ANSWERS TO “BRAIN MAZE”



START





ARE YOU A TEACHER?

Discover more educational materials.

SCAN THE CODE:



Adapted from the



National Institute
of Mental Health

U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
National Institutes of Health
NIH Publication No. 23-MH-8117

For more information about mental health,
visit the NIMH website at www.nimh.nih.gov.
For information on a wide variety of health
topics, visit the National Library of Medicine's
MedlinePlus service at <https://medlineplus.gov>.

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