



Children's Health  
Education Center™

A member of Children's Hospital and Health System.



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# Resources

## Books

- **"12 Effective Ways to Help Your ADD/ADHD Child: Drug-free Alternatives for Attention-Deficit Disorders,"** Stevens, Laura J. and Crook. William G. Avery Publishing Group, 2000.
- **"Inside the Brain: Revolutionary Discoveries of How the Mind Works,"** Kotulak, Ronald. Andrews McMeel Publishing, 1997.

## Web sites

- Buckle Up America, [www.buckleupamerica.org](http://www.buckleupamerica.org)
- Brain Bashers, [www.brainbashers.com](http://www.brainbashers.com)
- Neuroscience for Kids, [faculty.washington.edu/chudler/neurok.html](http://faculty.washington.edu/chudler/neurok.html)
- Brain Injury Association of America, [www.biausa.org](http://www.biausa.org)
- PBS, [www.pbs.org](http://www.pbs.org)

# Nervous System

## Suggested CHEC-out activities

### 1 Building neurons

Use beads and string or pipe cleaners to have students make neurons. Remember, each neuron has a cell body, axon and dendrites.

### 2 A visit from the doctor or police

Invite a doctor or member of the local police or fire department to come discuss with the students the importance of always wearing seat belts when in a car and bike helmets when moving faster than you can run.

### 3 Keep the five senses active

#### Eyes (sight)

Have students read eye charts from different distances.

#### Fingers (touch)

Have students reach inside a container that has a cover or sock over the opening. Encourage students to identify everyday items they feel in the container.

#### Nose (smell)

Have students smell cotton balls that have each been soaked in different smells. Encourage students to describe and identify what they smell.

#### Tongue (taste)

Have students taste different foods and identify sweet, salty, sour and bitter. Discuss the taste buds as well.

#### Ears (hearing)

Tape a variety of everyday sounds. Play the tape for students and encourage them to identify the sounds.