

YEAR 4

BODY NETWORK

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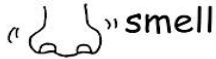
Worksheet 10 **Make a Good Decision**

THE AMAZING BRAIN

Fill in the gaps with these words:



body



smell



see



skull



hear



remember



spinal cord



taste



think



nerves



senses



feel

Our brain is amazing! It is protected by our _____ which is made of bone. Our brain controls our _____ by sending messages along the _____. We have a thick cord of nerves down our back called the _____, and it can be found in our spine. The brain also helps us learn, _____, _____, and use our imagination. It makes us special and unique because it gives us our personality.

Our brain has many jobs, so it has five helpers to help it. We use our nose to _____, eyes to _____, tongue to _____, ears to _____, and skin to _____. Smell, sight, taste, touch and hearing make up the five _____. The brain is the body's computer!

RIGHT BRAIN! LEFT BRAIN!

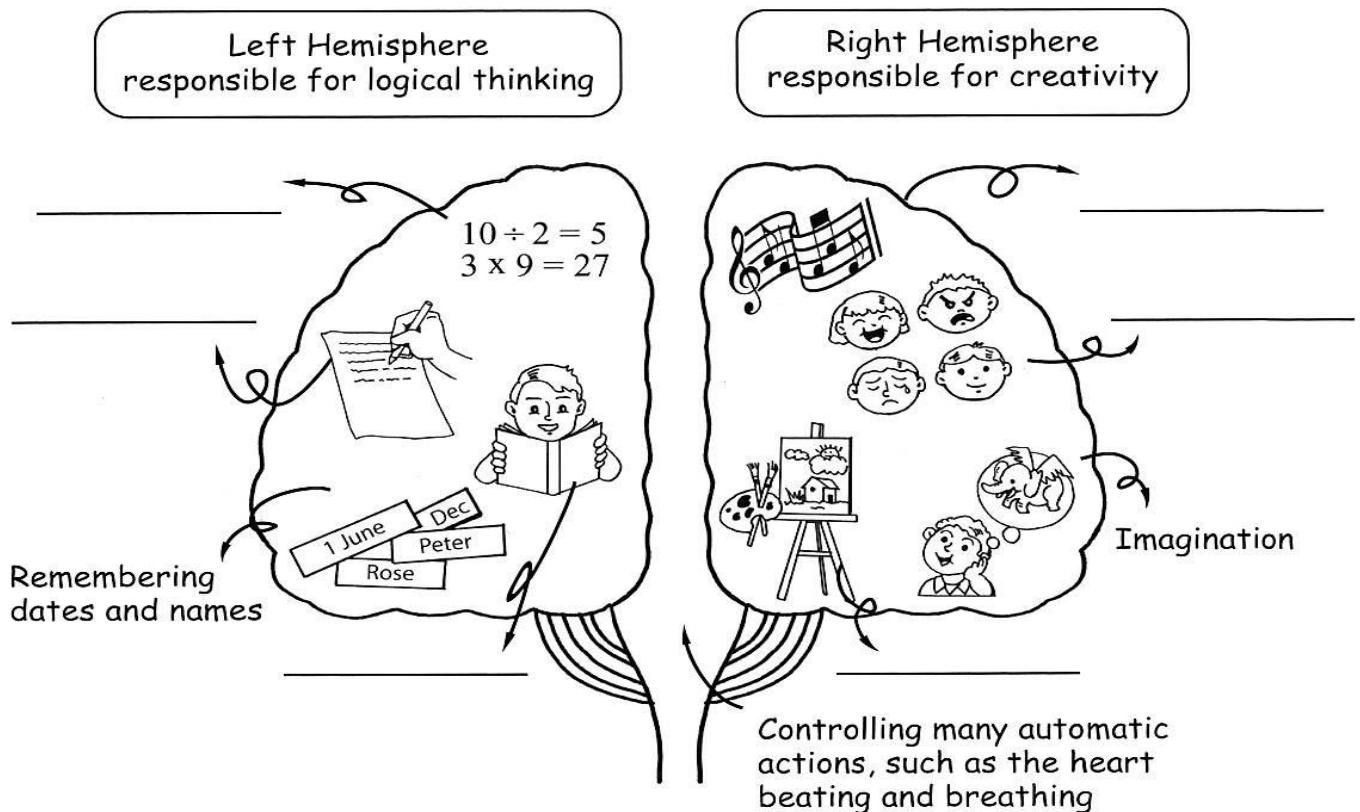
Our brain is made of many nerve cells which carry information between the brain and other parts of the body. Two types of nerves are listed below.

Fill in the blanks with the word bank below.

senses nails messages brain muscles cells name hair

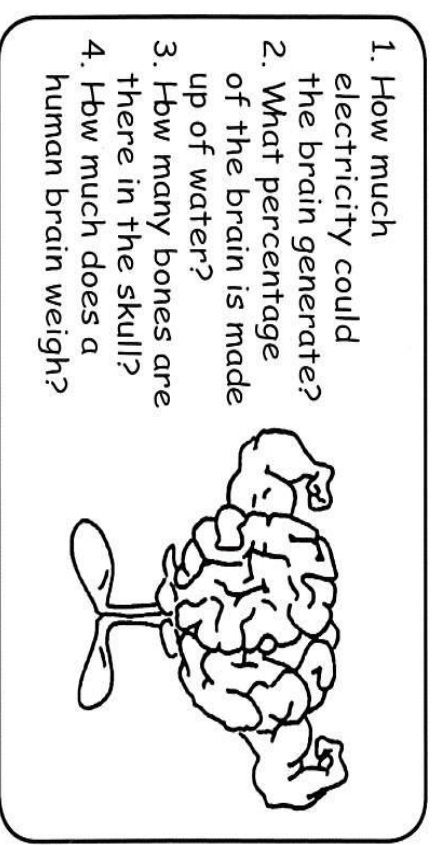
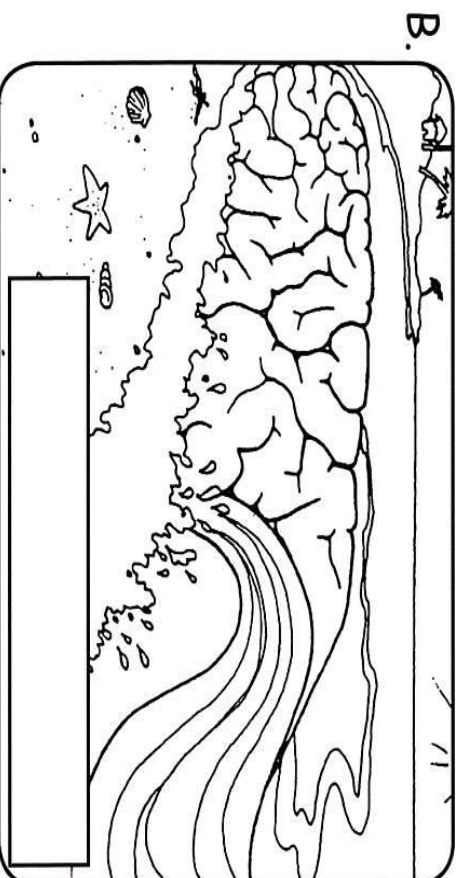
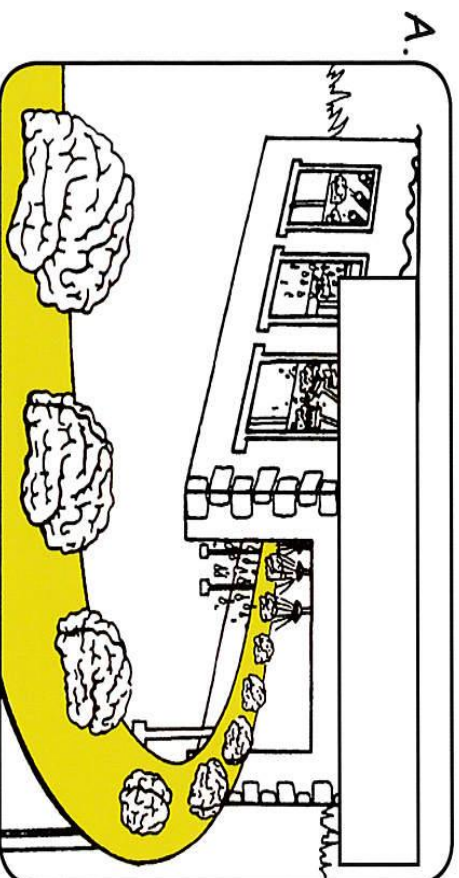
1. Sensory nerves - carry _____ from our body to our brain so we know, for example, what smells, sights, and sounds are around us.
2. Motor nerves - carry signals from the brain to different _____, so we can do different actions, such as jump, run, and kick.

Our brain is divided into two halves called hemispheres. Each half controls different activities. Name some of these activities with the help of the pictures below.



BRRRRAINS!

We cannot live without our brains, they are like computers inside our bodies. Pictures A, B and C below represent a word starting with "brain". Can you solve these pictures riddles?



Answers: A. Brainwash, B. Brainwave, C. Brainstorm, 1. 20 volt, 2. 80%, 3. twenty-nine, 4. 1000 g or 2 pounds of bread

THAT'S A DRUG?

Please circle any item that contains a drug.



Cola soft drink



Peanut butter



Alcohol



Cigarette



Chocolate bar



Marijuana



Roasted chicken



Ice cream



Sleeping pills



Aspirin



Coffee



Bronchodilator
(puffer)

A drug is any substance that, upon entering the body, affects the way it works.



DRUGS FILE CABINET

Find out how these drugs affect the body by cutting out the information below and sorting them into the appropriate file.

Caffeine

- May experience headaches if used in large amounts.

Analgesics

- Alcohol may increase this drug's damage to the liver.

Cough Medicine

- To stop coughing and relieve the discomfort allergies bring to the bronchi.

Bronchodilators

- Relax the muscles in the bronchi, dilating the airways.

Antibiotics

- This drug can't cure colds, flus, most coughs and sore throats.

Only appropriate use of medicines could be of help to the body, inappropriate use might affect the person's health.



A An overdose may cause stomach discomfort and kidney damage.

B Relieve breathing difficulty and puffing.

C Drugs that destroy bacteria or prevent their growth.

D When this medicine contains a restricted ingredient, people must register their ID upon purchase.

E This is found in tea, chocolates and some soft drinks.

F An overdose may lead to constipation and dental cavities.

G Stop pain messages from reaching the brain.

H Must complete the whole course of medicine, otherwise the bacteria can not be completely destroyed, leading to a possible downturn.

I Enter the lungs through the mouth.

J Stimulates the nervous system, making it difficult to sleep.

ARE YOU STRESSED?

Everybody has had times of stress and pressure. At different stages of development, people face different stresses. Consider the types of pressure we or the people around us may face.

Students' sources of stress

- Homework and tests
- Too many extra curricular activities
- Teachers
- Family
- Friends



Teachers' sources of stress

- Students missing lessons or homework
- Students' development
- Heavy workload
- Family
- Social relationships



Parents' sources of stress

- Disciplining their children
- Family relationships
- Work
- Housework
- Finances



Where do your stresses come from?

How might stress affect you (physically, emotionally or other ways)?



A healthy amount of stress can bring positive effects, but if not well managed, too much pressure might lead to problems.

DE-STRESS DELIGHT

Coping with and relieving stress appropriately can prevent negative influences stress may have on the body and help the person become relaxed and happy.

Martin has been chosen to play a major role in the school performance which is coming up next week. He is a bit stressed as he feels he has not memorized his lines well enough. He wants to put more effort in preparing for the performance, but he finds that he has many extra curricular activities planned in the coming week including computers, Taekwondo, swimming and Mandarin. He has also been invited to a soccer match on Saturday and Peter's birthday party on Sunday. His busy schedule makes him even more stressed.



Suggest how Martin can relieve stress.

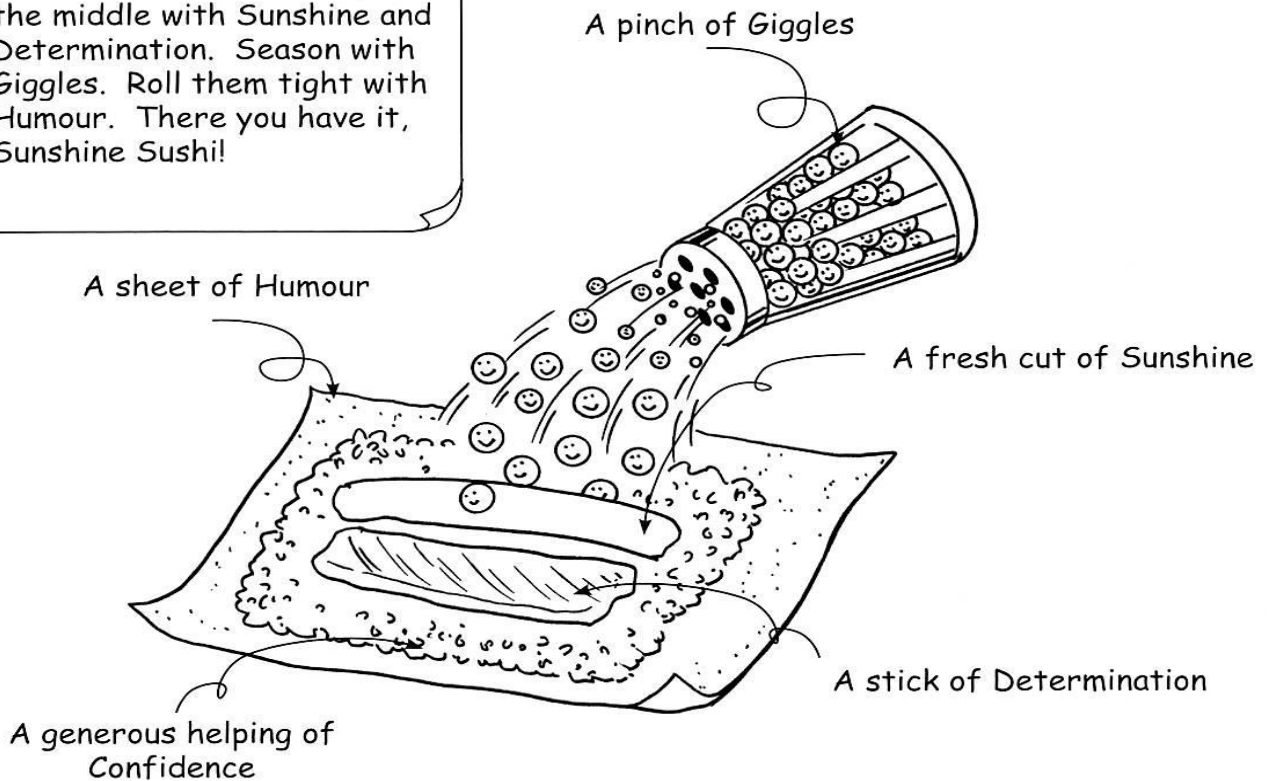
What would you do to relieve and manage stress?

List other examples of stressful situations or experiences.

STAY POSITIVE

Equipped with optimism, openness and cheerfulness, one can easily cope with stress.

- Recipe for Sunshine sushi:
- On a base of Confidence, fill the middle with Sunshine and Determination. Season with Giggles. Roll them tight with Humour. There you have it, Sunshine Sushi!



Design a recipe to be included in a diet of positivity. What ingredients would you use? What sort of cuisine is it?

Name of Dish: _____

Ingredients: _____

Directions: _____

HELPING HAND

When your friends are sad or in trouble, you can help!

If your friends came across problems like those below, what might you do to give a helping hand?

Your friend is really unhappy.

1. _____
2. _____
3. _____



Your friend is falling behind in class.

1. _____
2. _____
3. _____

Your friend is bullied or ignored or laughed at.

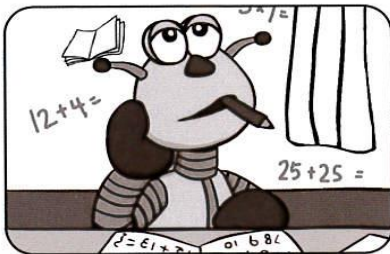
1. _____
2. _____
3. _____

MAKE A GOOD DECISION

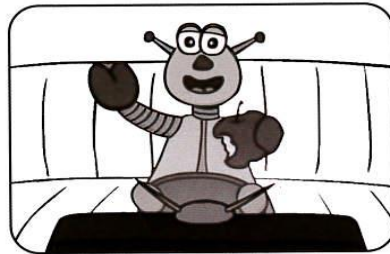
Zelda needs to study for a math test, but there is a very good movie playing on TV that she does not want to miss. What should Zelda do?



Scenario 1:
Prepare for the test



Scenario 2:
Watch the movie first



1. What could happen if Zelda chose Scenario 1?

2. What could happen if Zelda chose Scenario 2?

3. If you were Zelda, what would you choose and why?



It is good to consider the consequences before making any decision.