

Body = Brain Nervous System Drawings

One helpful way to learn to visualize the nervous system is to draw it. This is a great way to engage your body in your learning. Using your slides and the sketches below, draw these elements of the nervous system:

Triune Brain

Print out the outline of a head, below, and draw...

- the spinal cord, in blue*
- the brainstem, in orange
- the limbic system, in red
- the neocortex, in yellow

Label each one with the primary evolutionary pressure that shaped its development.
sensation & motion, safety, connection, dignity / respect / place in the social group

CNS + PNS

Print out the outline of a body, below, and draw...

- the central nervous system, in black
the brain & spinal cord are the centralized collections of nerve cells that coordinate & conduct nervous system activity in the body
- the peripheral nervous system, in green
the long tendrils of nerve fibers that extend throughout your entire body

SNS + PSNS

Print out another copy of the outline of a body, below, and draw...

- the sympathetic nervous system, in red
speedy, sports, stress... the SNS branches off of the trunk of your spine
- the parasympathetic nervous system, in blue
peace, calm, rest, digest... the PSNS branches off the neck & tail of your spine

Both of these innervate the entire torso, including the organs of the heart, lungs, and gut.

Medical texts will often show these in red and blue. It's another way to keep track of which acts as the accelerator and which acts as the brakes.

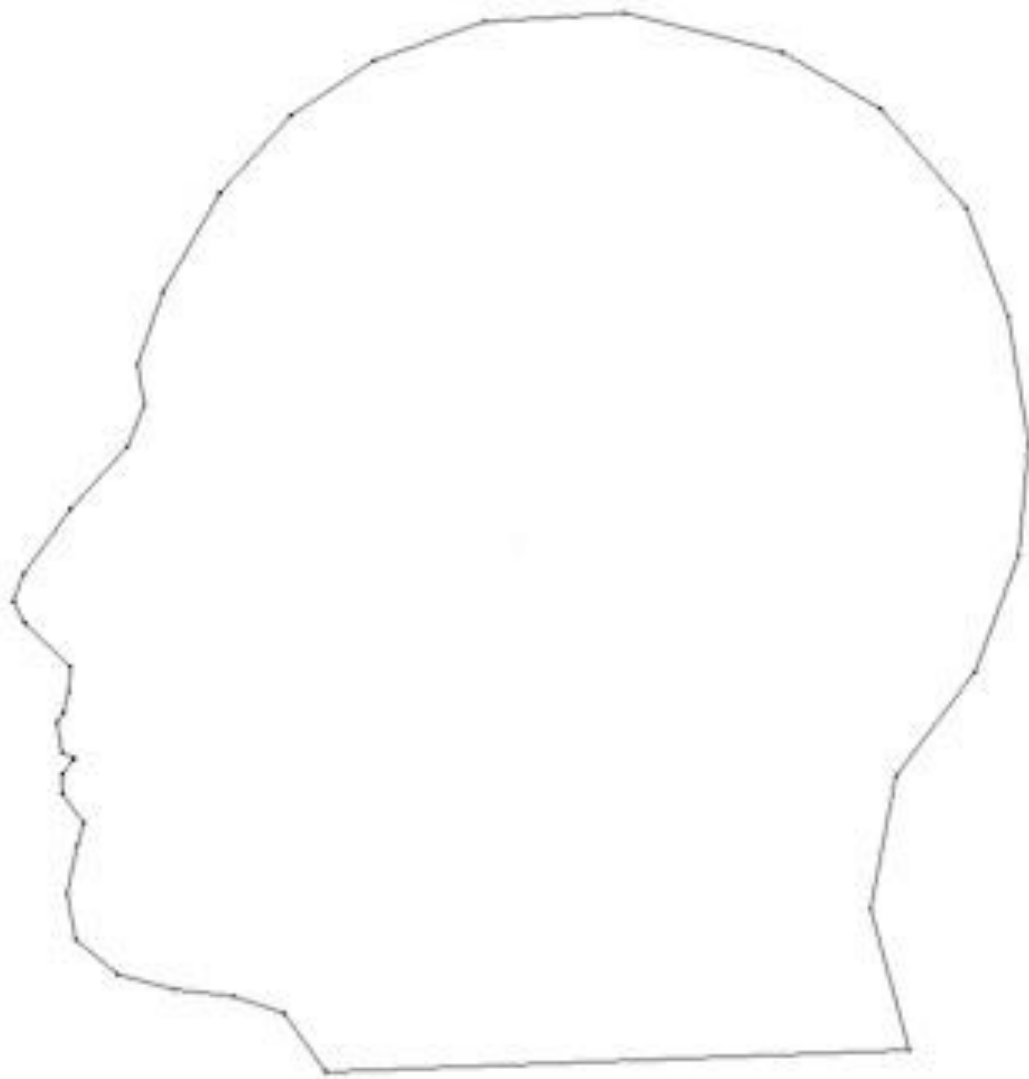
Head, Heart, Gut, & Skin “Brains”

Print out another copy of the outline of a body, below. Using shading, size, or color indicate the relative neural density of each of these centers of intelligence.

Extra credit: draw in the vagus nerve - the cranial nerve that comes straight from the brain to innervate the heart, gut, and lungs. (We'll talk more about this in Part 2.)

* You can use colors to help you distinguish between different parts of the nervous system. Use any colors you like - these are simply suggestions to get you started.

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