

# Lesson 2: The Amazing Human Nervous System

## Discussion Questions

- When we think about afferent messages our body sends to our brain, we can use our five senses to explore what is happening all around us. What are some messages we can receive from each of the five senses? (*Sight, sound, touch, taste, and smell.*)
- Why is it important to pay attention to the messages the outside world is sending back to our brains?
- Have you ever missed an important afferent message? What happens if you aren't paying attention to an afferent message? (*For example, looking at a stoplight before crossing a street, or listening to the honk of a horn. Or more subtle messages, like paying attention to what a friend's facial expressions and body language are communicating.*)
- What are examples of some urgent afferent messages? (*I smell smoke; I hear sirens; there's a ball flying towards my head; etc.*)
- What are examples of some more subtle, or less obvious afferent messages? (*The air feels like it might start to rain; sounds like my dad is watching the baseball game on TV in the next room; my socks are wet from the rain.*)
- The nervous system can make a body do all kinds of things, from picking up a pencil to running a race. What are some examples of efferent messages your brain sends to your body for it to take an action?
- Can you think of an efferent message your body received that was hard to do at first, but after some practice became almost automatic? (*Practicing a musical instrument, or an aspect of a sport?*)