

# Lesson 2: The Amazing Human Nervous System

## Labeling Activity

### Definitions

An **efferent** message travels away from the central nervous system (the spinal cord and brain) to the body. For example: *Kick the ball.*

An **afferent** message travels towards the central nervous system from the body. For example: *The water feels cold.*

### Directions

Put an **E** next to the **efferent** messages, and an **A** next to the **afferent** messages.

\_\_\_ Ouch! That hurts!

\_\_\_ Dance to the music.

\_\_\_ Pick up that slice of pizza and take a bite.

\_\_\_ Run fast!

\_\_\_ I'm cold!

\_\_\_ This blanket feels soft & warm.

\_\_\_ There's a bug on my arm!

\_\_\_ Jump.

\_\_\_ Brush off that bug.

\_\_\_ Wiggle your toes.

\_\_\_ Give my friend a high-five, but not too hard.

\_\_\_ The cookie tastes sweet.

\_\_\_ I'm hungry.

\_\_\_ The song is really loud.

\_\_\_ Catch the ball.

\_\_\_ Take a deep breath.

\_\_\_ That tickles!