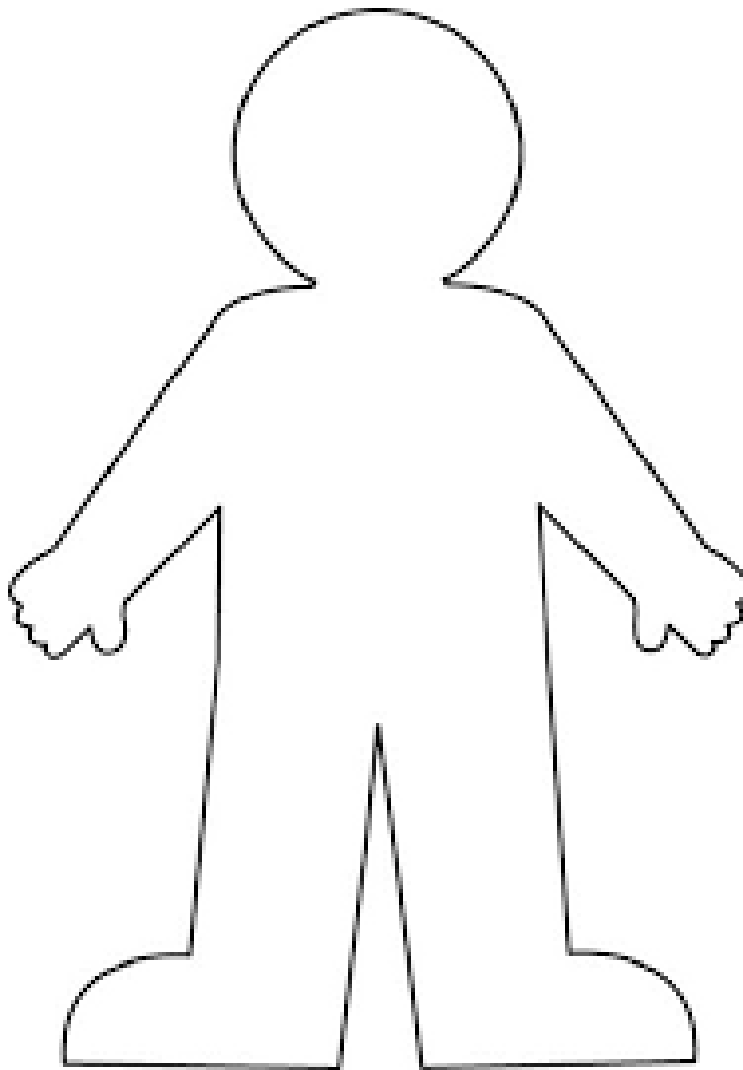


Lesson 3: Our Inner Hero, The Autonomic Nervous System

Reflection & Drawing Activities

#1 Directions

Think of a time your **sympathetic nervous system, SNS**, was activated. (*Fight, Flight, Excite.*) What did it feel like in your body? Use words, pictures, and/or arrows to show what it felt like. Show what was happening inside your body, and what was happening around you.



#2 Directions

Think of a time your **parasympathetic nervous system, PNS**, was activated. (*Rest and Digest.*) What did it feel like in your body? Use words, pictures, and/or arrows to show what it felt like. Show what was happening inside your body, and what was happening around you.

