

# Lesson 3: Our Inner Hero, The Autonomic Nervous System

## Sorting Activities

### Directions

Cut out the following signals and examples and sort them into the table under the correct category.

### Sorting Activity 1

Pupils dilate (widen)
Heart rate faster, stronger
Digestion is happening
Muscles get tense
Pupils constrict (get smaller)
Heart rate slows
Breathing quickly
Digestion stops
Muscles relax
Breathing deeply and slowly

Sympathetic Nervous System (SNS) <b>Fight, Flight or Excite</b>	Parasympathetic Nervous System (PNS) <b>Rest and Digest</b>

## Sorting Activity 2

### Directions

Cut out the following signals and examples and sort them into the same table under the correct category.

Slamming on the brakes to avoid a car accident	Sitting and watching the sunset
Listening to quiet music	Raising your hand in class
Going grocery shopping	Arguing with a friend
Police officer chasing criminal	Reading a book
Taking a math test	Watching a suspenseful movie
Trying something new	Practicing a musical instrument
Sleeping	Having a nightmare
Stage fright	Laughing at a joke
Getting ready for school	Brushing your teeth
Playing at recess	Playing video games

*Teacher's Note:* For the first sorting activity, have students cut out the physical signals from sheet #1 and then sort them into one of the two columns associated with **fight, flight or excite** and **rest and digest**. After a group discussion, move on to sorting activity #2, which is more subjective. This will give students another opportunity to explore how certain scenarios make them feel, as well as an opportunity for explicit teaching that each person's life experience is valid and correct.