

ENDOCRINE SYSTEM GLANDS COMPARISON CHART

Gland	Location	Key Functions	Why It Matters	Fun Fact
Pituitary	Base of the brain (pea-sized)	“Master gland” controls other glands, growth, puberty, stress response	Regulates puberty changes, growth, and water balance	Tiny but controls almost the entire endocrine system
Pineal	Center of the brain	Regulates sleep-wake cycles, linked to intuition	Supports healthy sleep, rest, and creativity	Called the “third eye” in many traditions
Thyroid	Neck, butterfly-shaped	Controls metabolism, energy, mood, growth	Affects focus, energy levels, and weight balance	Needs iodine to make hormones
Adrenal	On top of kidneys	Stress response, metabolism, blood pressure	Helps handle school stress, sports, and energy crashes	“Fight-or-flight” glands
Pancreas	Behind stomach	Balances blood sugar	Energy stability for studying and physical activity	Both an endocrine and digestive organ