



Nervous System Focus Factor Worksheet

(Answer while listening to the videos 1-6)

1. The central nervous system (CNS) is made up of the _____ and the _____.
2. The peripheral nervous system (PNS) is like the body's _____, carrying messages between the CNS and the rest of the body.
3. The _____ nervous system is known as “fight or flight,” while the _____ nervous system is called “rest and digest.”
4. The somatic nervous system controls _____ muscles, which let you move _____.
5. The limbic system is known as the _____ brain because it helps control your _____, memories, and motivation.
6. The type of muscles controlled by the autonomic nervous system are _____ muscle and _____ muscle.
7. When animals shake after stress to release tension, this is an example of a _____ movement.
8. _____ can make the somatic system over-reactive, causing muscle tension, restlessness, or even making someone feel disconnected from their body.
9. During the teen years, the _____ system develops faster than the prefrontal cortex (the logical, decision-making part of your brain). That means your emotions sometimes lead the way before logic catches up.
10. The _____ system is the body's ultimate communication network.

