

Name _____

Nurturing Your Nervous System: Tips for a Healthy Brain and Spinal Cord

Open-Ended Response Questions

1. Discuss the importance of maintaining a healthy lifestyle, including proper nutrition, exercise, and sleep, in supporting the overall health of the nervous system.
2. Explain why wearing a helmet is crucial for protecting both the brain and spinal cord during physical activities. Provide examples of activities where helmets are essential.
3. Imagine you are a neuroscientist studying the effects of stress on the nervous system. What experiments or research methods might you use to understand the relationship between stress and brain health?
4. How can you promote awareness in your community about the significance of brain and spinal cord health? Provide ideas for organizing an educational event or campaign.

