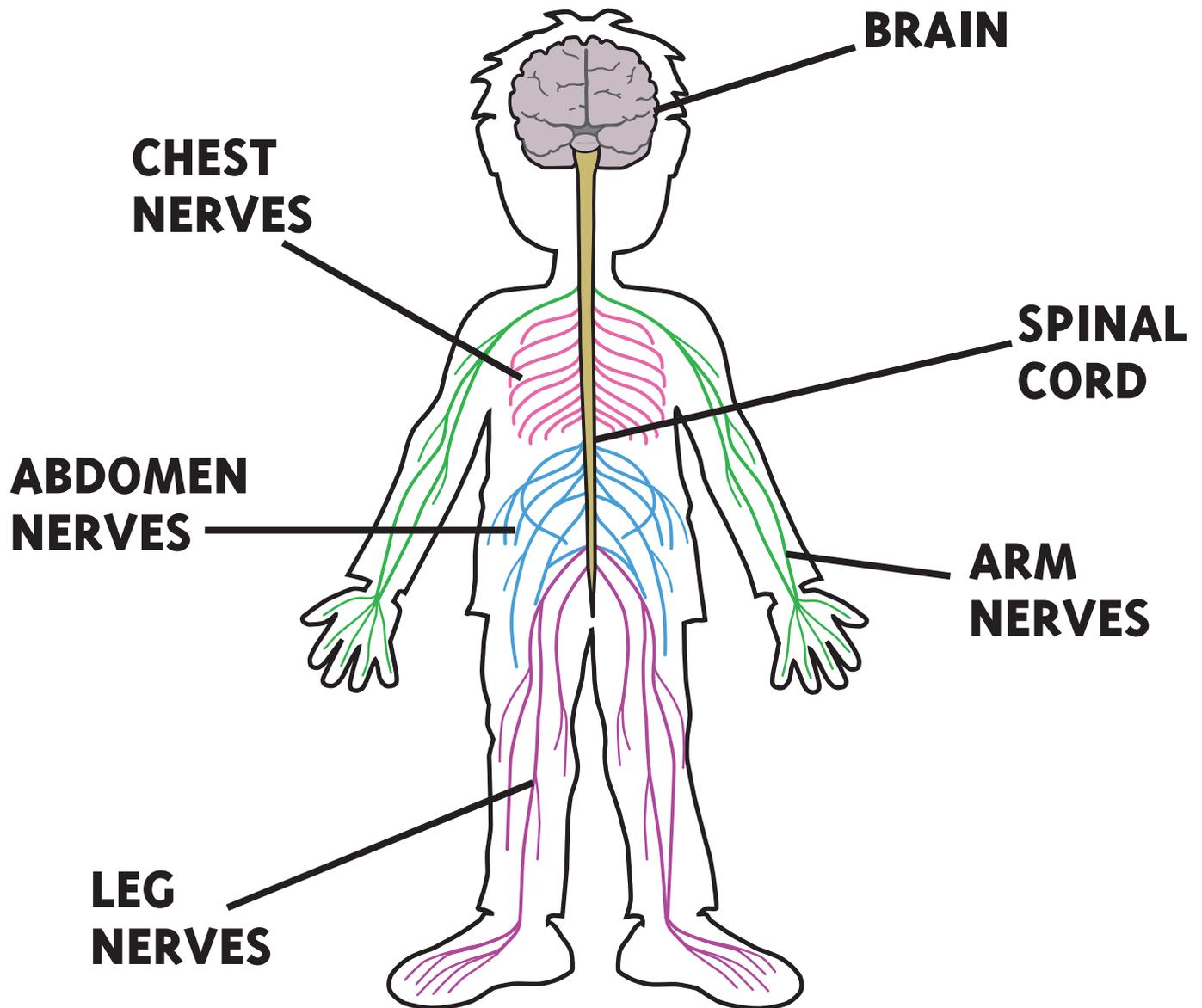


Explore Your Nervous System



The **brain** is the center of your nervous system. It weighs around 3 pounds (1.4 kg), about as much as a cantaloupe.

The **Spinal cord** is the main highway of the nervous system. It carries signals from the body up to the brain, and from the brain out to the rest of the body.

Sensory Nerves carry messages about pressure, pain, and temperature from the body to the brain.

Motor Nerves carry signals from your brain to your muscles and organs, telling them what to do.

amnh.org/ology/brain

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