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.