

# **Welcome to BrainTrain4Kids!**

**I hope you are excited to start your journey with Corty and friends.**

**You can fill out these cool trading cards as you go. After you cut them out, you should have six cards that fold together. There should be one for each station on the map.**

**Check the boxes as you go into each building and don't forget to write the password down every time you learn a new one. Write it on the map so you remember them!**

**After you finish each station, you can cut out the picture and glue it to the map if you want. Or you can just keep them as trading cards.**

**Good luck and have a great time on your train ride with Corty and friends!**

Building 2 \_\_\_\_\_ Building 2 \_\_\_\_\_ Building 2 \_\_\_\_\_

Building 3 \_\_\_\_\_ Building 3 \_\_\_\_\_ Building 3 \_\_\_\_\_

Building 4 \_\_\_\_\_ Building 4 \_\_\_\_\_ Building 4 \_\_\_\_\_

Drugopolis

Smoke Stacks

New Health City

P  
A  
S  
S  
W  
O  
R  
D



P  
L  
A  
C  
E

Science Place

Brainville

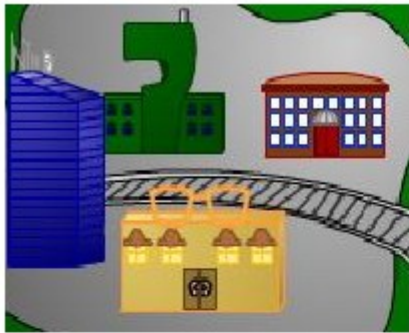
Neuron Town

Building 2 \_\_\_\_\_ Building 2 \_\_\_\_\_ Building 2 \_\_\_\_\_

Building 3 \_\_\_\_\_ Building 3 \_\_\_\_\_ Building 3 \_\_\_\_\_

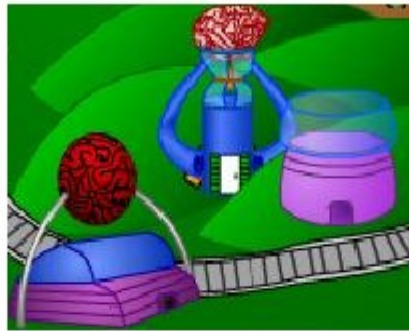
Building 4 \_\_\_\_\_ Building 4 \_\_\_\_\_ Building 4 \_\_\_\_\_

## Science Place



- Building 1 Welcome Center
- Building 2 Sensory Shack
- Building 3 Question Corner
- Building 4 Brain Games

## Brainville



- Building 1 Welcome Center
- Building 2 Hemisphere Hole
- Building 3 Function Junction
- Building 4 Brain Games

## Neurontown



- Building 1 Welcome Center
- Building 2 Neurotunda
- Building 3 Transmission Tower
- Building 4 Brain Games

## Science Place

### Scientific Inquiry

Observe  
Hypothesize  
Experiment  
Conclude

## Brainville

Cerebral Cortex: Largest part of the brain!

Right Side - used for problem solving and decision making, controls left side of the body.

Left Side - used for being creative and making art and controls right side of body

Cerebellum: controls posture, movement and balance

Limbic System: how you learn and remember things

Brain Stem: controls body functions like breathing and making your heart beat

## Neurontown

Messages are sent throughout the body and received by the brain through neurotransmission.

Neurons - Tell your brain how you feel. If you hurt your foot, neurons will send the message to your brain.

Synapse - the space neurons travel through

Neurotransmitters - send message from neuron to neuron

## Drugopolis



- Building 1 Welcome Center
- Building 2 Syrup Station
- Building 3 Aid Place
- Building 4 Brain Games

## Smoke Stacks



- Building 1 Welcome Center
- Building 2 Tobacco Factory
- Building 3 Pipe Place
- Building 4 Brain Games

## New Health City



- Building 1 Welcome Center
- Building 2 Cheese Chamber
- Building 3 Carrot Corner
- Building 4 Brain Games

## Drugopolis

Medicine should only be taken from an adult you trust, mom, dad, doctor, nurse are some examples.

Take the right amount!

Some drugs may be helpful or harmful.

Nicotine (cigarettes) are addictive and bad for you

Alcohol and illegal drugs are bad for everyone.

## Smoke Stacks

Cigarettes contain more than 4,000 chemicals! They also cause cancer!

Cigarettes are very addictive because they contain nicotine

Second-hand smoke can also cause cancer. It's better for kids and grown-ups to walk away from people who are smoking, if possible!

Quitting smoking is hard, but lungs will start to heal and overall health will improve if a person quits.

## New Health City

Using drugs can have effects on your brain that last forever!

Drugs can cause changes in the functioning of neurotransmitters in the brain.

Once a person is addicted to a drug, he or she must have the drug just to feel normal.

The best way to not become addicted to drugs is to never start using them!

It is important to exercise, eat healthy and get enough sleep!