

Your brain sent messages to your muscles. Your brain knew when you touched your leg.

IT TAKES NERVES

Bend your body. Touch your leg. What made your muscles move your bones? Your central nervous system did. It is made up of your brain, spinal cord, and nerves.

BRAIN

SPINAL CORD

Message sent from brain: **Bend!**
Message sent from your brain, down your spinal cord, to your muscles.

Message sent to brain: **Bent and touched leg!**
Message sent from your hands, to your spinal cord, up to your brain.

NERVES

