

# BRAIN TALK

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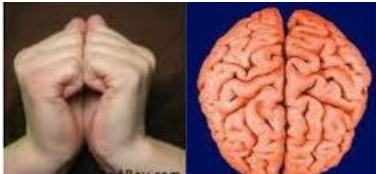


## The Brain and it's Basic Functions

•The brain is made up of about 100 billion neurons that communicate with each other at speeds of up to 429km/hr.

•A brain triples in size from birth to adult hood.

To estimate your brain size put both your fists together to see how big your brain is.



•A typical brain weighs about 3 lbs. The brain is about 2% of a humans body weight., however it uses 25% of the body's oxygen.

•The human brain is made up of about 80% water. The brain is soft and could be described as the consistency of Jell-O or tofu.

•The Frontal Lobe controls our emotions, personality, problem solving and tastes & smells.

•The Temporal Lobe assists with speech, language and our hearing.

•The Parietal Lobe helps our senses. It helps us figure out sizes, shapes, textures & temperatures.

•The Occipital Lobe controls our vision.

•The cerebellum controls our balance & assists with coordination like walking.



Balance

•The brain stem is a vital part of our brain. It helps regulate our temperature, heart rate & breathing.

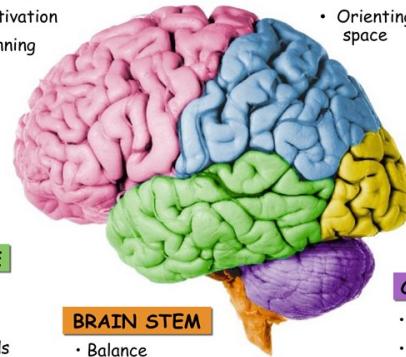
### FRONTAL LOBE

- Movement
- Reasoning
- Speech
- Memory
- Motivation
- Planning

### PARIETAL LOBE

- Touch
- Orienting in space
- Reading
- Knowing size, shape, colour and texture

### Lobes of the Brain



### TEMPORAL LOBE

- Memory
- Hearing
- Understanding words and sentences

### BRAIN STEM

- Balance
- Sleeping
- Breathing
- Temperature

### CEREBELLUM

- Heart rate
- Blood pressure
- Swallowing
- Coordination

### OCCIPITAL LOBE

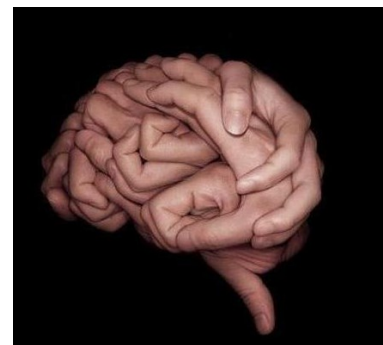
- Vision

Resources: DNA Learning Center <https://www.dnalc.org/resources>

Do you see what I see?



FUNNY



Saskatchewan North Acquired Brain Injury Outreach Team  
..... A joint initiative of.....

For more information please call: 1-306-765-6470

