

Your Brain Leads the Way

The human body works all the time. Every day, the body digests food for energy, breathes in oxygen, and gets rid of waste. The heart, lungs, stomach, and other organs work together to make these things happen. The reason it all works so well, though, is that the brain is in charge of the whole system.

The brain lives in the head but has connections to the entire body. Long cables, called nerves, relay signals to the brain to tell the brain what the body is doing. At the same time, the brain uses nerves and chemicals called hormones to send messages to the body. That's why the brain is involved in everything you do. Yes, you learn with your brain, but knowing that the brain is working all the time will help you learn better.



The Brain-Builders' Coach

Hey there! Are you ready to build a better brain? If so, it's time to tune in. Throughout these pages, I'm going to give you challenges that will bend your mind, make you laugh, and teach you how to think. Along the way, you'll learn a lot about how your brain works so that you can think smarter and do better in school. It's going to be fantastic. Let's get started with these three challenges.

Challenge #1.

Can you fill in the missing letters?

A E F H I K L M _ _ _ W X Y Z

Challenge #3.

What occurs once in a second, once in a minute, twice in a millennium, but never in the course of a lifetime?

Challenge #2.

A builder has almost finished putting up an apartment building, but he forgot to order one important piece of the project. The builder calls a supply company to order the missing items. These are the prices:

1 costs \$2

2 costs \$2

12 costs \$4

144 costs \$6

What are the missing items?



Challenge Answers:
 Challenge #1: The missing letters are NTV.
 They all have straight lines.
 Challenge #2: The builder forgot to order the address numbers. They cost \$2 per digit.
 Challenge #3: The letter N.