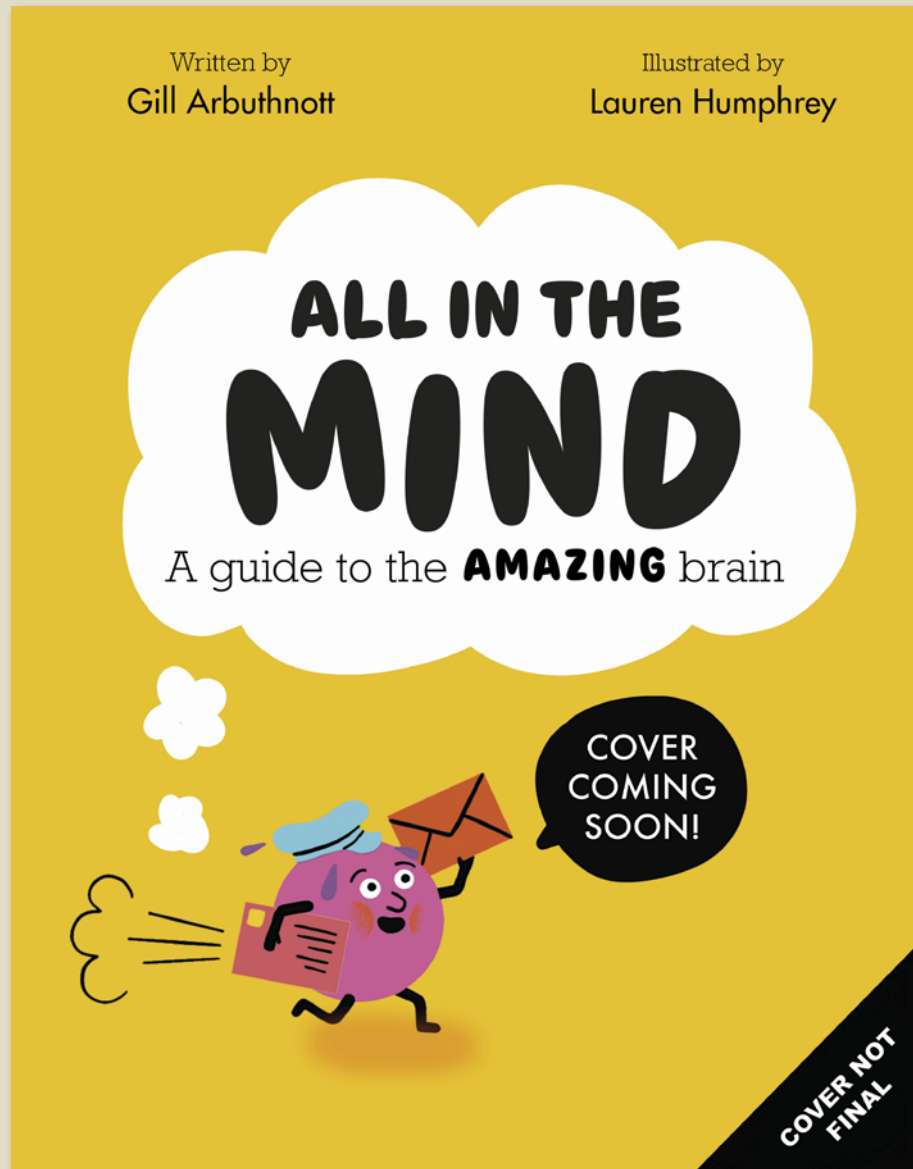


# All in the Mind



Get microscopic and dive into the mind – learn all about the amazing brain!

# All in the Mind

## MEET YOUR BRAIN CELLS

All the information that you need to live is sent to your brain by tiny messengers called neurons.

How neurons talk to each other

Neurons are made up of long, thin parts called dendrites and a long tail-like part called an axon. The dendrites receive messages from other neurons. The axon carries the message to the next neuron. The place where two neurons meet is called a synapse. The message is passed from one neuron to another through the synapse. The message is passed through the synapse by tiny messengers called neurotransmitters.

Neurons are about the size of a grain of sand. There are about 100 billion neurons in your brain. They are all connected to each other. This makes your brain very powerful. It can think, feel, and remember. It can also control your body. It can make you move, breathe, and think. It can even make you dream!

What are you thinking about right now?

## MEMORY

What's your earliest memory? Your most vivid memory? Your favourite memory? Memories are how your brain stores information about what you experience – and this is what allows you to learn.

Short term memory can store a small amount of information for about a minute, for instance the face of someone you've just met, or what happened in the last couple of pages as you read a book. After that, the information either goes into long term memory or is forgotten.

Long term memory can store an unlimited amount of information for many years. When you remember a holiday you had years ago or a grandparent tells you about their childhood, the information has been stored in long term memory.

### MEMORY DIRECTORY

Memories are stored in different parts of the brain, depending on what type of memories they are.

Memories of specific events like holidays or films are stored in the **hippocampus**.

If you learn to ride a bicycle or play an instrument, the memory of the movements involved is stored in the **cerebellum**.

Memories involving strong emotions – love, grief and especially fear – are stored in the **amygdala**.

**REMEMBER, REMEMBER!** Why not test your memory? Get a piece of paper and something to write with, set a timer for thirty seconds, then turn to page 4 and follow the instructions!

## PUZZLES & BRAIN TEASERS

### CONFUSE YOUR BRAIN!

The right hand goes on the left side of your body, and the left side of your body goes on the right side of your brain. The left side of your brain goes on the right side of your body, and the right side of your body goes on the left side of your brain. This is called the **crossed-over effect**.

What's going on? The right side of your brain controls the left side of your body, and the left side of your brain controls the right side of your body. The left side of your brain goes on the right side of your body, and the right side of your body goes on the left side of your brain. This is called the **crossed-over effect**.

### IT'S THE STROOP EFFECT!

What to see the Stroop effect in action? Don't have a drink – it's not time yet! Reading out the names of the animals in the pictures. The first group to read the most pages wins the prize. The second group wins a trophy to read because the two sets of instructions conflict with each other.

## MEMORY

What's your earliest memory? Your most vivid memory? Your favourite memory? Memories are how your brain stores information about what you experience – and this is what allows you to learn.

Short term memory can store a small amount of information for about a minute, for instance the face of someone you've just met, or what happened in the last couple of pages as you read a book. After that, the information either goes into long term memory or is forgotten.

Long term memory can store an unlimited amount of information for many years. When you remember a holiday you had years ago or a grandparent tells you about their childhood, the information has been stored in long term memory.

### MEMORY DIRECTORY

Memories are stored in different parts of the brain, depending on what type of memories they are.

Memories of specific events like holidays or films are stored in the **hippocampus**.

If you learn to ride a bicycle or play an instrument, the memory of the movements involved is stored in the **cerebellum**.

Memories involving strong emotions – love, grief and especially fear – are stored in the **amygdala**.

**REMEMBER, REMEMBER!** Why not test your memory? Get a piece of paper and something to write with, set a timer for thirty seconds, then turn to page 4 and follow the instructions!

Pub Date	21/05/2026
Pub Price	£12.99
ISBN	9781835871058
H x W	300 x 235mm
Binding	Paperback
Age Range	7-9 years
Author	Gill Arbutnott
Illustrator	Lauren Humphrey
Extent	64pp
Translation Files	18/08/2025
Files To Printer	29/12/2025
Freight On Board	05/03/2026
Rights Available	World