

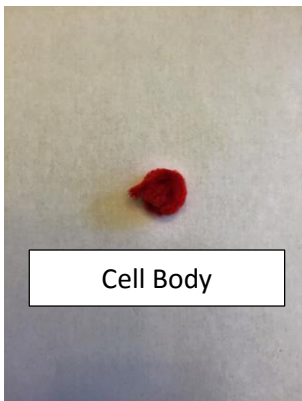
Activity for Week 1

Making Neurons



Materials Needed:

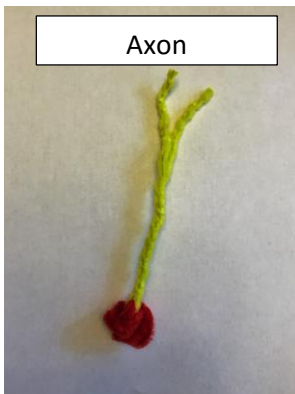
5 different colored pipe cleaners



Cell Body

Step 1:

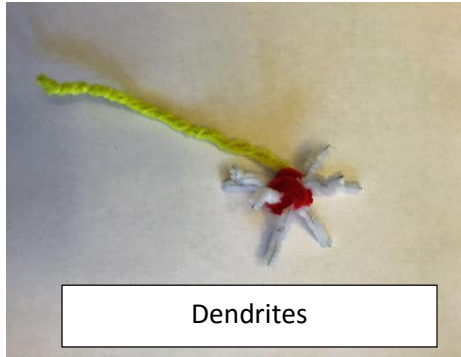
Take one of the pipe cleaners and role it into a ball create the Cell Body.



Axon

Step 2:

Take one a pipe cleaner and stick it through the Cell Body and then fold in half. Twist the two halves together forming the Axon.



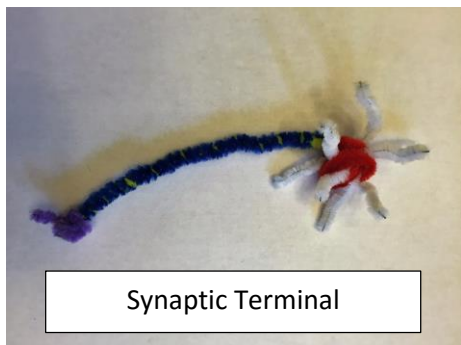
Step 3:

Take smaller pieces of pipe cleaner and push them through the cell body forming the Dendrites.



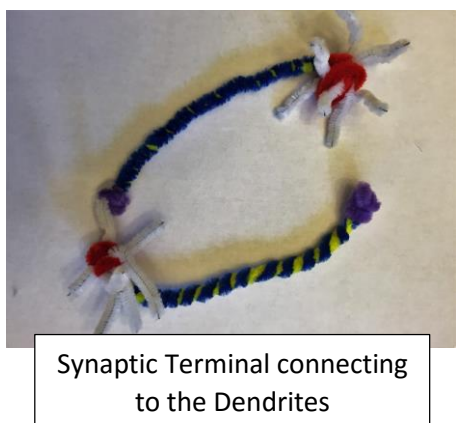
Step 4:

Take another piece of pipe cleaner and wrap it around and all the way down the axon. This is the Myelin Sheath that insulates the axon (nerve). Note- When you are practicing and struggling to perform a skill you are growing more myelin!!



Step 5:

Take last piece of pipe cleaner cut it in half and make a ball and attach the Synaptic Terminal to the axon at the opposite end from the cell body. This should leave half of one pipe cleaner unused.



We all have billions of neurons in our brain. The stronger the neurons are, the faster they work. The more dendrites that neurons grow, the more effective they are in helping us think, move and perform.

Source: Carol S. Dweck