

# Brain Gym

Turn the book round.  
Now you can read it.  
It is easy!



PENGUIN KIDS



# Awake at Night



PENGUIN KIDS





Today it is Max's birthday. Look at the candles on his cake. Look at all the moths! The children laugh.

Moths are usually nocturnal. Butterflies are not nocturnal. Moths sleep with their wings open. Butterflies sleep with their wings closed.



butterfly



Your brain is inside your head. But what does your brain look like?

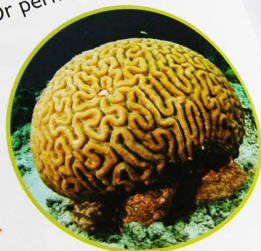
Like this?



Or like this?



Or perhaps like this?



It looks like all three! It looks a bit funny but is the most important part of your body. A person cannot live without a brain.



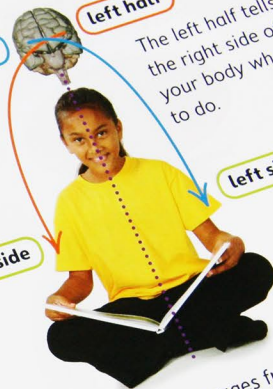
Your brain has got two halves.

right half

The right half tells the left side of your body what to do.

left half

The left half tells the right side of your body what to do.



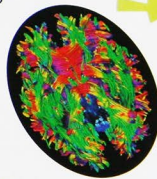
right side

left side

This is a busy brain. It gets messages from different parts of the body and sends messages at the same time.

Hand touching hot thing!

message



Move hand! Put under cold water!