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some key words related to aging successfully. For more information please read the "Staying Sharp" For more information please read the "Staying Sharp" booklet Successful Aging and Your Brain from the Dana Alliance for Brain Initiatives, [www.dana.org](http://www.dana.org).

### **the Staying Sharp**

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### **2000 KEEP YOUR BRAIN ALIVE - [valdez.dumarsengraving.com](http://valdez.dumarsengraving.com)**

Brain The brain is composed of the cerebrum, cerebellum, and brainstem (Fig. 3). Cerebrum: is the largest part of the brain and is composed of right and left hemispheres. It performs higher functions like interpreting touch, vision and hearing, as well as speech, reasoning, emotions, learning, and fine control of movement.

### **Anatomy of the Brain - Mayfield Clinic**

Module 1 Handout 1.8: Key Findings on Social Emotional Health and Brain Development 11/11 The Center on the Social and Emotional Foundations for Early Learning Vanderbilt University [vanderbilt.edu/csefel](http://vanderbilt.edu/csefel) H 1.8 A baby is born with just a few brain cells. The kind of care a young child receives plays a big role in how the brain wires itself.

### **Module 1 Handout 1.8: Key Findings on Social Emotional**

Strategies to Improve Memory . ... The key to a healthy brain and improved memory is to do these consistently. ... Studies have shown that the brain requires 7-8 hours of sleep per night. Sleep strengthens relevant associations and weakens irrelevant associations, thus improving your access to memories . ...

### **Strategies to Improve Memory**

20) Second largest portion of the brain. \_\_\_\_\_ c. Match the parts of the brain with the functions described. 1) Cerebrum 4) Medulla oblongata 7) Pons 2) Cerebellum 5) Limbic system 8) Reticular formation 3) Hypothalamus 6) Midbrain 9) Thalamus \_\_\_\_\_ Controls body temperature and water balance. \_\_\_\_\_ Coordinates body movements, posture, and equilibrium.

## **STUDY GUIDE 8 - State College of Florida, Manatee€“Sarasota**

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keys to brain development in young children. For more information on this and other topics, see: [www.ag.ndsu.edu](http://www.ag.ndsu.edu) This publication may be copied for noncommercial, educational purposes in its ...

### **(PDF) Keys to Enhancing Brain Development in Young Children**

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The brain stem begins inferior to the thalamus and runs approximately 7 cm before merging into the spinal cord. The brain stem centers produce the rigidly programmed, automatic behaviors necessary for survival.

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