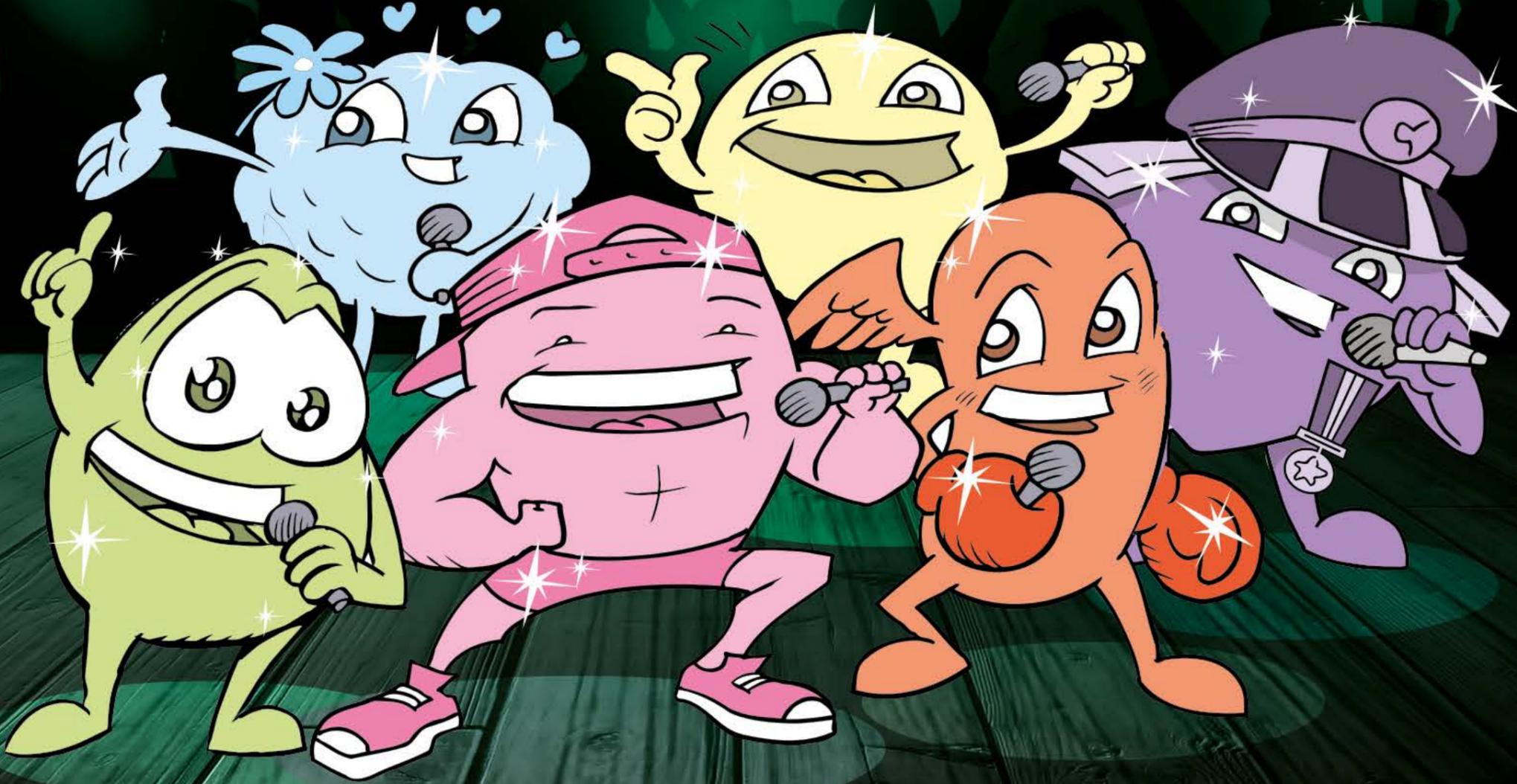


Meet your

CHEMICAL CHORUS



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Instructions:

If you are able to use scissors safely, follow the instructions below.
If not, please ask an adult to help you.

1. Carefully cut around each of the speech bubbles.
2. Stick the speech bubbles onto the poster above or below the Chemical Chorus character that you think best matches the description.
3. Check your work against the completed Chemical Chorus poster.

NOTE: You may wish to laminate the poster and/or speech bubble sheet before you start.

SEROTONIN

Serotonin does many things, including helping you with digestion and sleep.

It is often called the 'happiness chemical' because it makes you feel good inside and gives you courage to get through difficult times.

DOPAMINE

Dopamine comes in many forms and does lots of different jobs in your body.

The nerve cells in your brain use **Dopamine** to send electrical messages to each other.

Dopamine is often called the 'pleasure chemical' because it helps you work out which activities you enjoy and makes you want to keep doing them – even when they are not good for you.

OXYTOCIN

When you enjoy a laugh or a hug with someone you trust, or your pet, you both get a lovely feeling of wellbeing.

This is **Oxytocin** at work!

ENDORPHIN

Endorphins are hormones that make you feel good when you do something physically active like walking, running, singing or playing sport.

Exercise delivers many health benefits and **Endorphins** are nature's way of rewarding you for your effort.

Endorphin is also a mild painkiller to help you cope with your aching muscles after exercise.

CORTISOL

Cortisol is a busy hormone with many different jobs in your body.

When something scary or exciting happens, **Cortisol** takes command of a bunch of hormones, cells and organs to make sure your whole body is ready to escape or stay and deal with the situation.

ADRENALIN

Adrenalin is called the 'fight or flight' chemical because it helps you react instantly to unexpected situations (good or bad). This includes physical or mental threats, heavy exercise, excitement and extreme hot or cold temperatures.

Adrenalin makes your heart pump more blood to your muscles, widens the pupils in your eyes and expands your lungs.

Adrenalin works with **Cortisol** to mobilise the energy stored in your body.



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