



# Path to a Healthy Future

The right choices keep your brain at its best.

After reading “Messed-Up Messages,” complete the maze by following the statements that describe how the brain functions normally without drugs. If you come to a statement describing how the brain functions on drugs, stop and go back—this is a “wall” in the maze. The correct path will take you through seven ovals containing statements about normal brain function. Caution: Some ovals about normal brain function may lead to false paths.

**BONUS** How many ovals in all contain statements about normal brain function?

**START**

The brain's limbic system creates feelings of pleasure after a good meal.

Food and friends do not create feelings of pleasure.

Neurotransmitters fit into receptors in the receiving neuron.

Dopamine carries messages of pleasure when you hear your favorite song.

Neurons in the limbic system shut down dopamine receptors.

The brain releases an unnaturally large "flood" of dopamine.

The brain's limbic system creates an appetite for food and good company.

Nicotine fits into receptors on brain cells or neurons.

When a neuron receives a neurotransmitter, it starts an electrical impulse.

Brain cells or neurons send messages.

Chemicals called neurotransmitters carry messages between neurons.

Neurons in the limbic system begin to make less dopamine.

When you learn a new dance step or shoot a three pointer, you smile.

Without enough dopamine, the person feels flat and unhappy.

Neurotransmitters cross synapses between neurons.

The brain needs drugs to create normal amounts of dopamine.

The brain's limbic system craves nicotine.

**FINISH**

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