Handout 2.3 Sympathetic or Parasympathetic (LB 2.5)

For the following body functions match which is primarily controlled by the Sympathetic branch and which is primarily a Parasympathetic behavior.

Next to each behavior or action, put an “S” for Sympathetic and “P” for Parasympathetic.

- Skin has goose bumps
  - Skin is relaxed

- Palms are dry
  - Palms are sweaty

- Lungs are dilated and rapid breathing occurs
  - Lungs are constricted and breathing is relaxed

- Heart rate decreases
  - Heart rate increases

- Blood is sent to muscles
  - Blood is sent to internal organs

- Adrenal gland activity increases
  - Adrenal gland activity decreases

- Digestion is stimulated
  - Digestion is inhibited (can cause you to feel like you have a knot in your stomach)

- Mouth is dry
  - Salivation in the mouth
Handout 2.4 Left Brain/Right Brain Survey (LB 2.12)

For each pair, please select the item that is most appealing to you:

1) a) Writing a letter b) Drawing a picture
2) a) Being a movie critic b) Creating a new toy
3) a) Playing a logical game b) Playing an instrument
4) a) Reviewing a book b) Building something
5) a) Writing a play b) Visualizing a play
6) a) Learning computer programming b) Puttering in the yard
7) a) Analyzing a budget b) Re-arranging an office or room
8) a) Planning a trip b) Going on a trip with no plans
9) a) Learning a dance step by talking b) Learning a dance step by watching