

# ***BUILD A NEURON!***

**Build a neuron to enhance your cognitive fitness!**

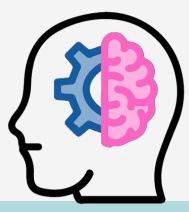
**Materials:** 3 pipe cleaners, Scissors, 5-10 beads

1) Add a bead in the pipe cleaner, and swirl it into a circle. This will be the **cell body** of the neuron!



2) Add a second pipe cleaner to the cell body and twist it together. This is the **Axon**!





3) Then add beads to it. You have now formed the **Myelin Sheath**



4) Finally untwist the ends of the axon. And also add small pipe cleaners (cut of one your big ones) to make the **Dendrites**



**Happy Making Neurons and Have Fun  
Enhancing Your Cognitive Fitness!**