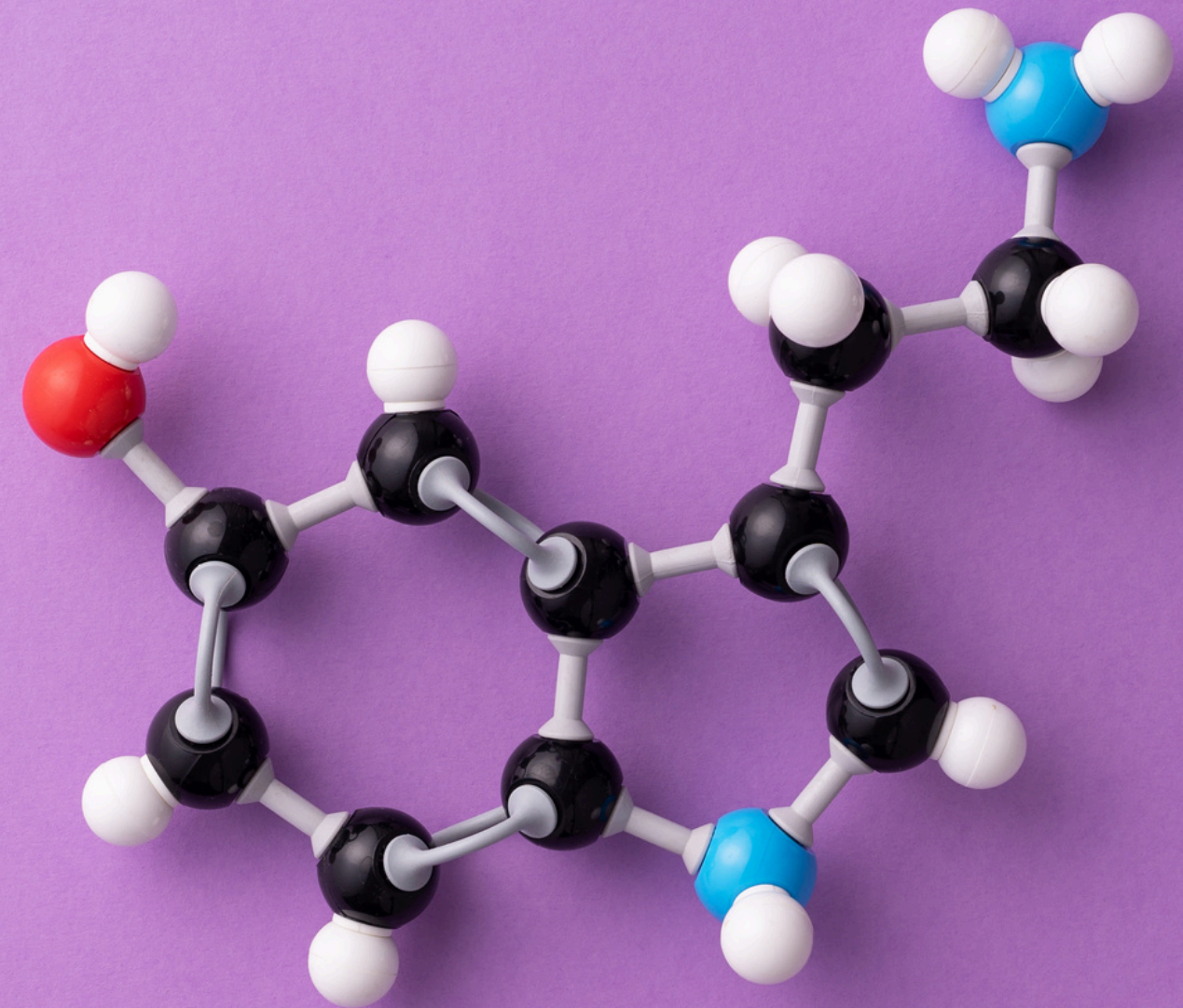


# Neurotransmitters

REFERENCE GUIDE  
ACTIVITY



Lessons in Mental Health







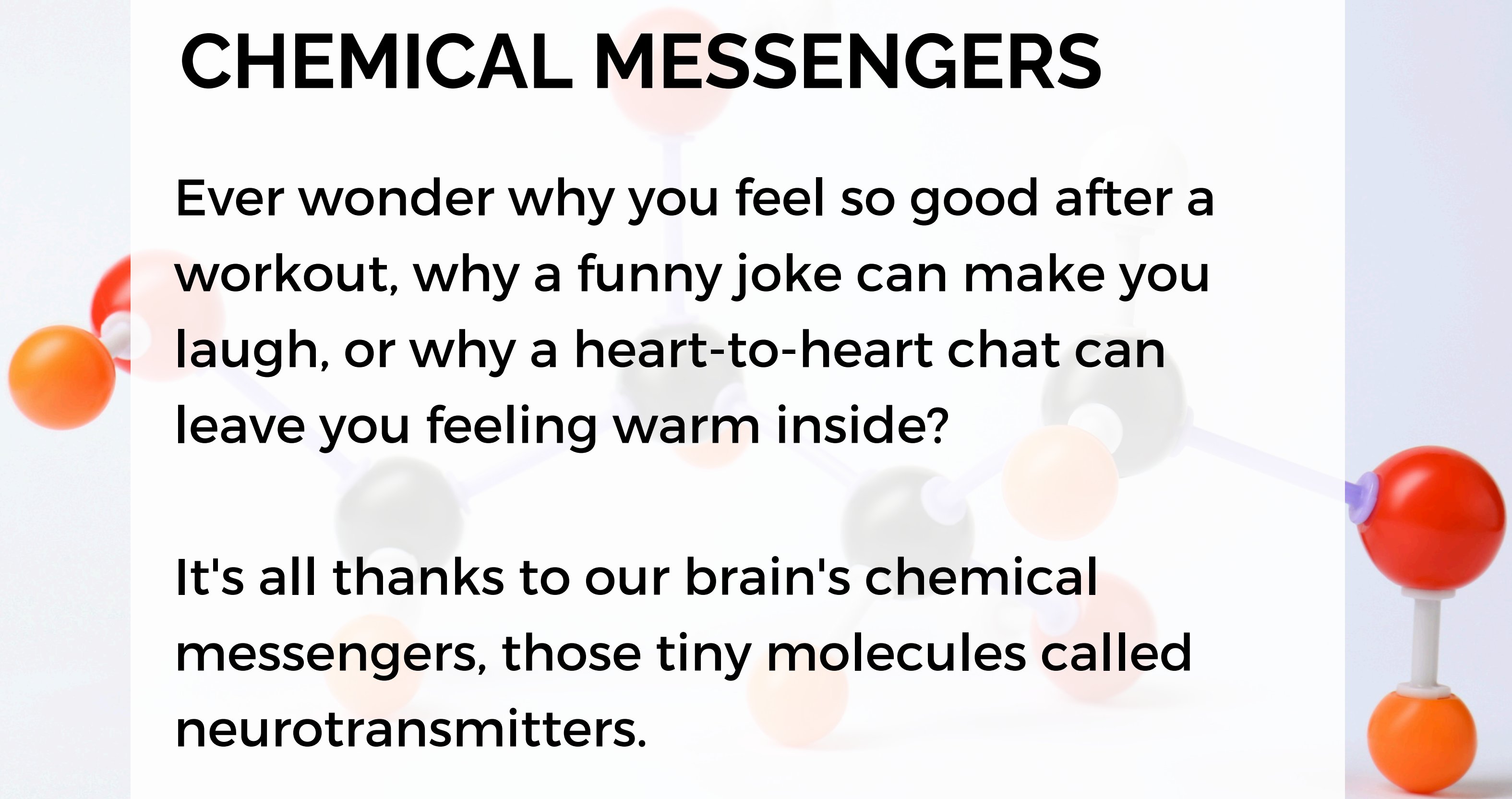
## Lessons in Mental Health

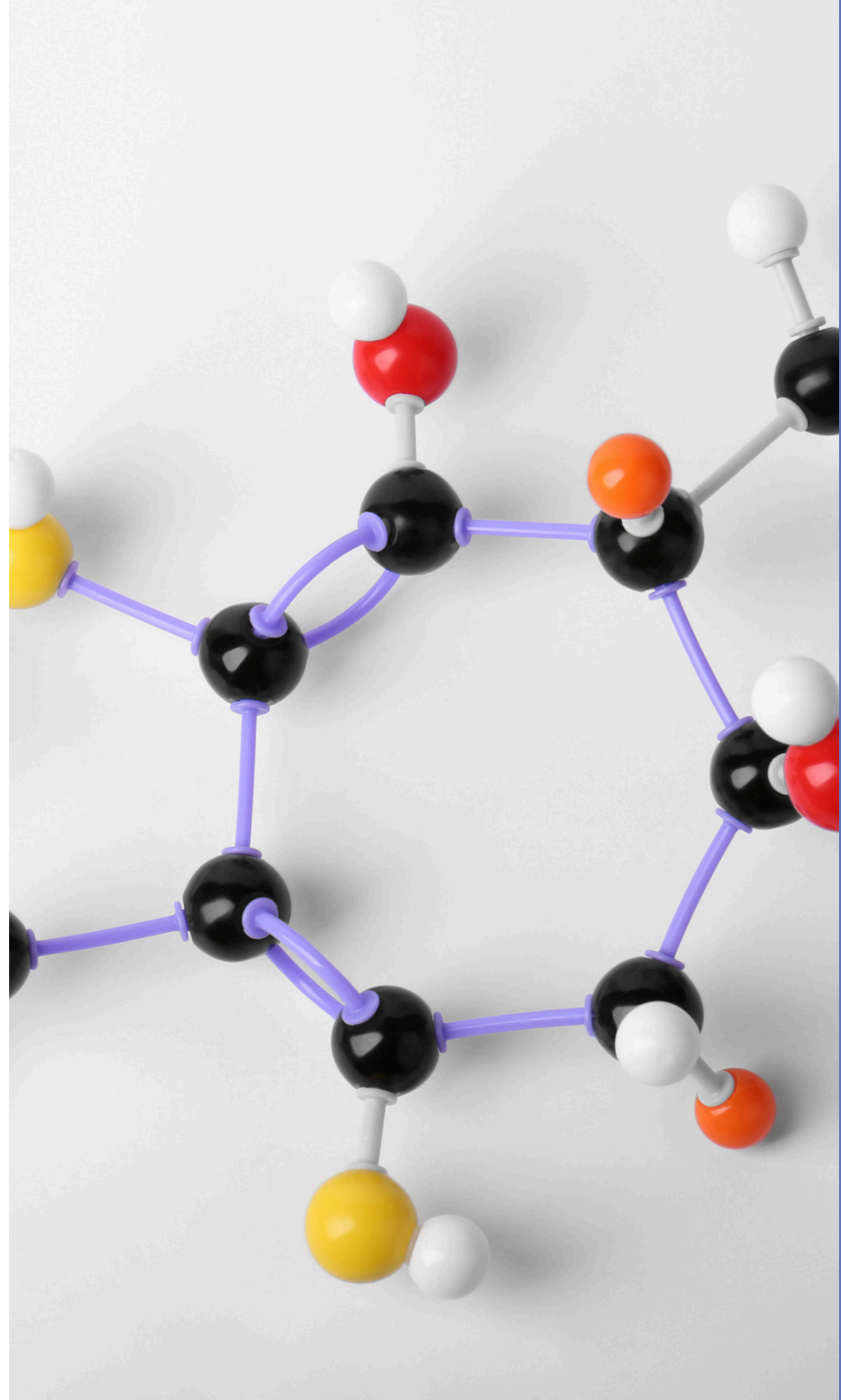
- Use this presentation as is, or view the Canva link for a fully modifiable template.
- Link: [Neurotransmitters Reference Guide Activity](#)
- Link: [Reference Guide Template For Student](#)
- Link: [Student Reference Guide](#)
- PDF: [Printable Student Reference Guide](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid or unauthorized publication online is strictly prohibited.
- Visit [Lessons in Mental Health](#) for more FREE lessons and activities that support Mental Health Education.

# CHEMICAL MESSENGERS

Ever wonder why you feel so good after a workout, why a funny joke can make you laugh, or why a heart-to-heart chat can leave you feeling warm inside?

It's all thanks to our brain's chemical messengers, those tiny molecules called neurotransmitters.





# NEUROTRANSMITTERS

Neurotransmitters are like messengers in your brain.

They help neurons communicate with each other and play a vital role in regulating our moods, thoughts, and behaviors.



# NEUROTRANSMITTER CATEGORIES

Neurotransmitters fall into two categories  
based on their impact on neurons:

 **Excitatory**

 **Inhibitory**







# EXCITATORY

Excitatory neurotransmitters are like the "go" signals of the brain. They encourage brain cells to fire, sending messages to other cells.

These neurotransmitters make you more alert, enthusiastic, and ready to take action.

It's like that surge of energy you get when your favorite song comes on at a party.

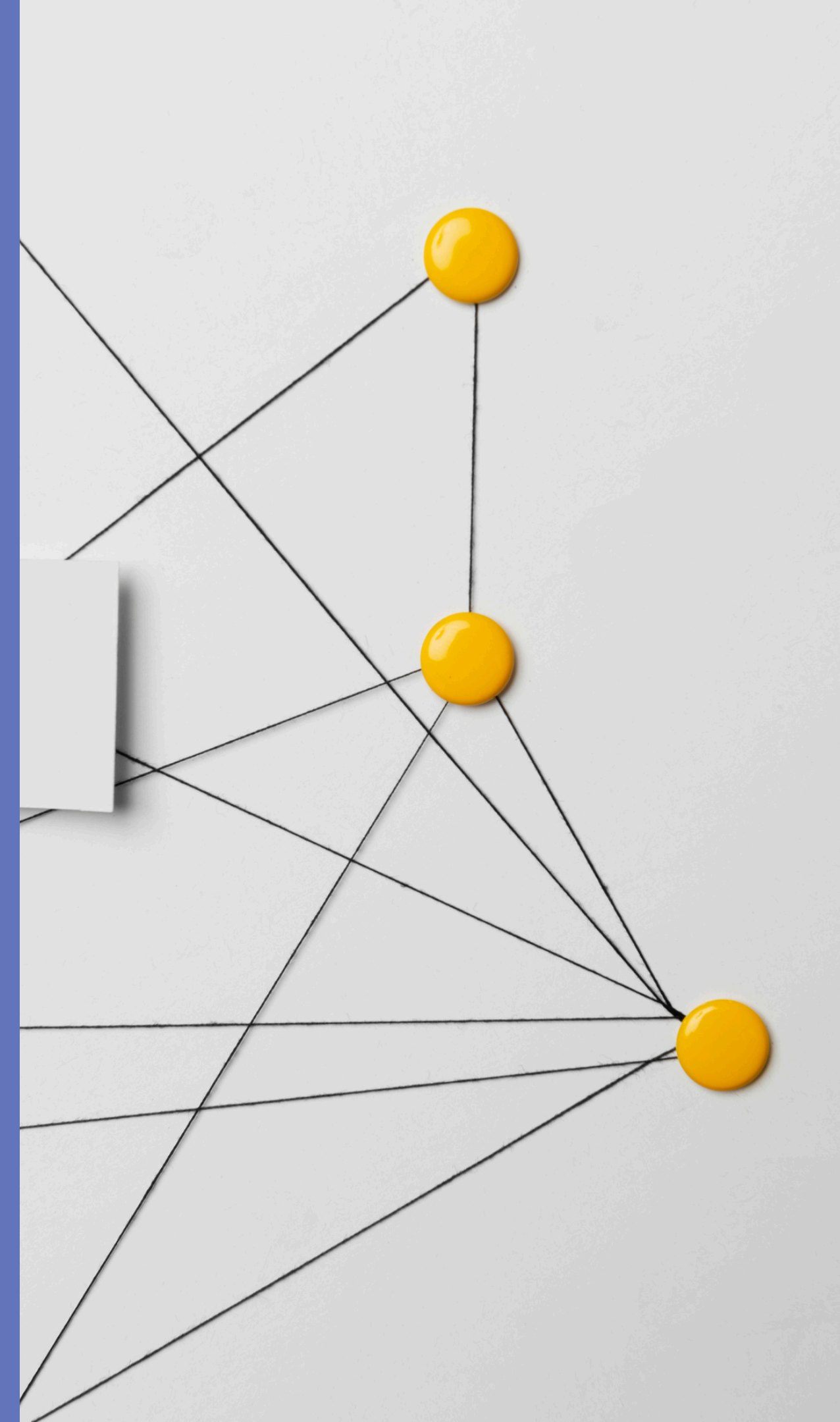


# INHIBITORY

Inhibitory neurotransmitters are like the "stop" signals of the brain. They prevent brain cells from firing, stopping messages from being sent.

These neurotransmitters help you relax, calm down, and prevent your brain from getting too overwhelmed.

It's like the feeling you get when you take a deep breath to calm yourself or when you're winding down.





# BALANCE

Excitatory and inhibitory neurotransmitters play crucial roles in regulating various brain functions and behaviors.

The balance between these two types of neurotransmitters is essential for maintaining optimal brain function.





# **NEUROTRANSMITTER REFERENCE GUIDE ACTIVITY**

In this activity, you will create a reference guide on the six most important neurotransmitters and their roles in our behavior.





# NEUROTRANSMITTER REFERENCE GUIDE ACTIVITY

Using Canva, create a reference guide for the following **6** neurotransmitters:

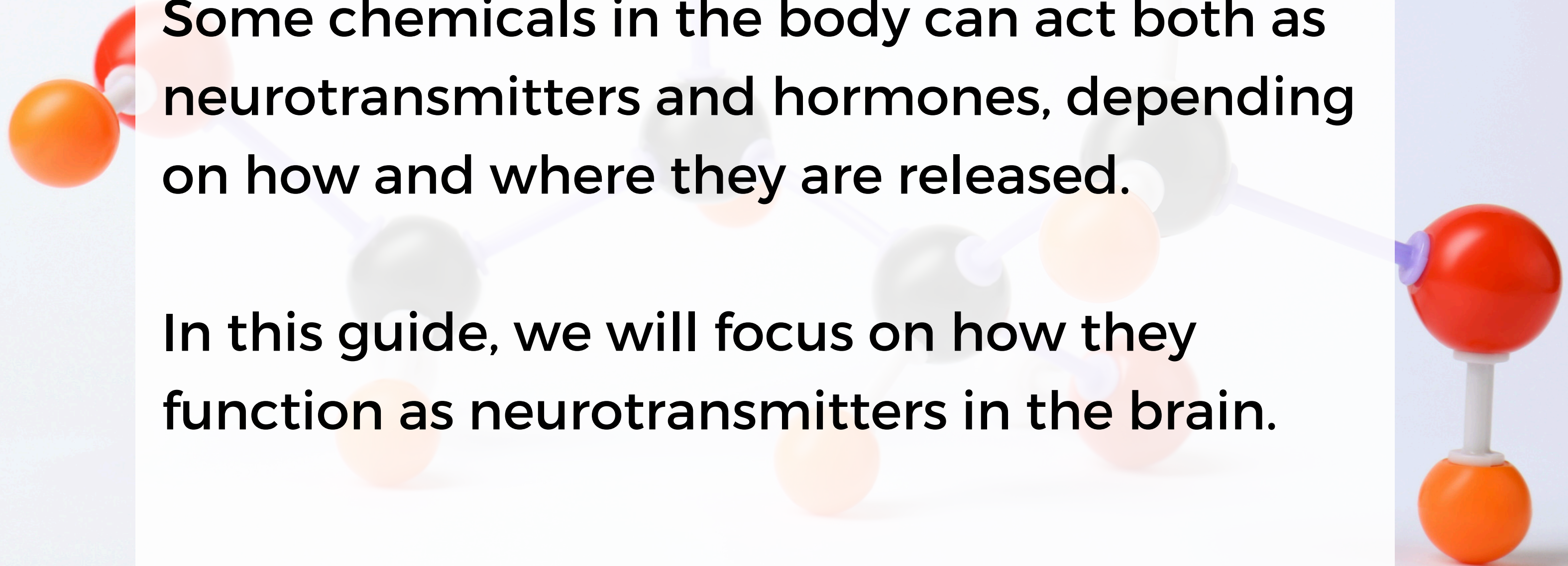
- Dopamine
- Acetylcholine
- Norepinephrine
- GABA (gamma-aminobutyric acid)
- Glutamate
- Serotonin



# NEUROTRANSMITTERS AND HORMONES

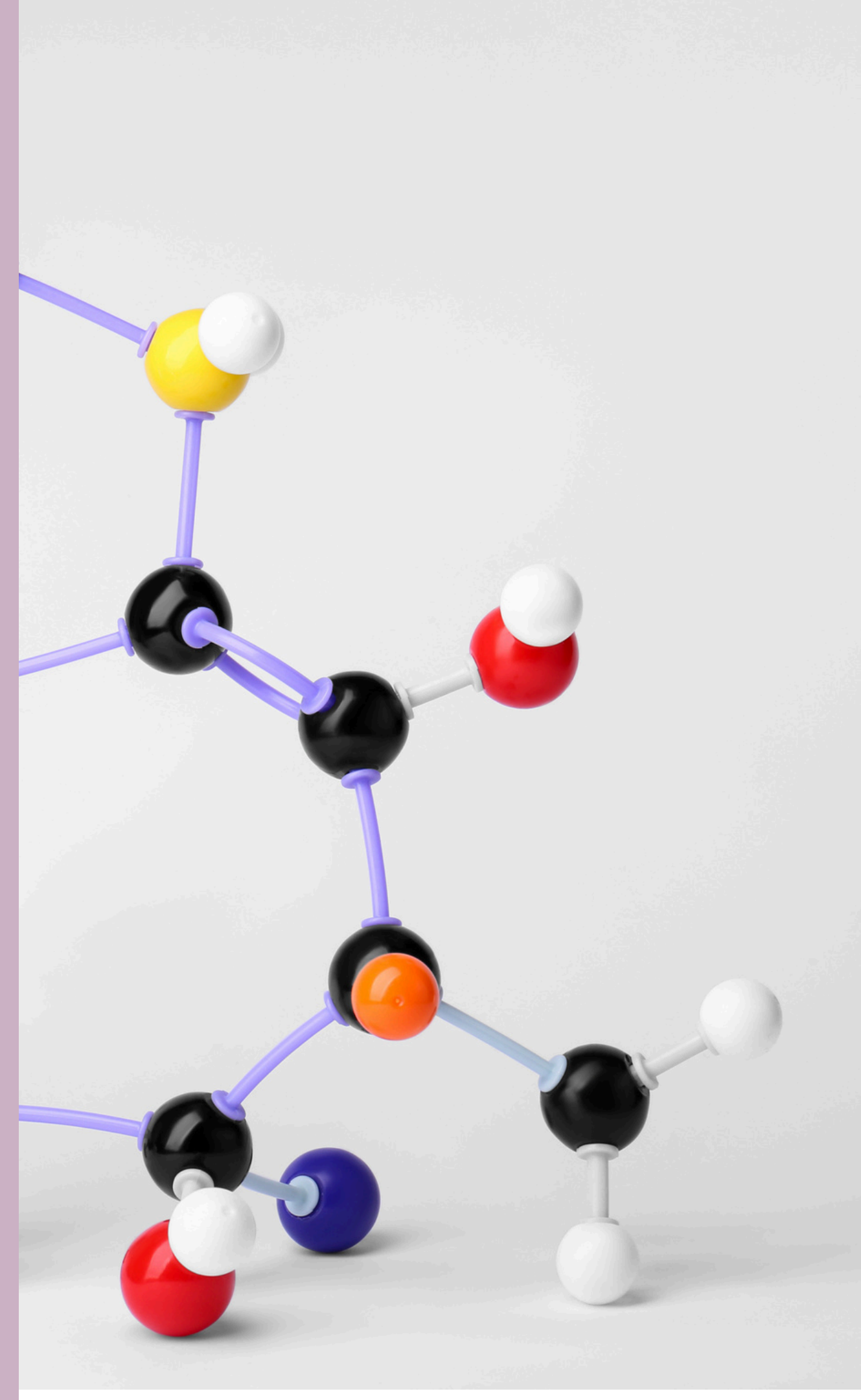
Some chemicals in the body can act both as neurotransmitters and hormones, depending on how and where they are released.

In this guide, we will focus on how they function as neurotransmitters in the brain.



# FOR EACH NEUROTRANSMITTER, PROVIDE THE FOLLOWING:

- Name of neurotransmitter.
- Is it primarily inhibitory or excitatory?
- What effects does it have on behavior?
- Which mental health disorders are commonly associated with it?
  - ✓ Too much (excess)
  - ✓ Too little (deficiency)







## REFERENCE GUIDE DETAILS

- Use Canva to create your presentation.
- Choose a template style of your choice.
- Title: Neurotransmitter Reference Guide
- Create a separate page for each designated neurotransmitter within one file.
- Add graphics and images throughout your presentation from the “elements” tab.
- Check your spelling and grammar.

# TURNING IN YOUR ACTIVITY

- Use Canva to create your guide.
- Ensure you include all of the required details.
- Download your completed guide as a PDF Standard.
- Upload online to Neurotransmitter Reference Guide.