



# NURSERY RHYMES AND LULLABIES FOR THE BUDDING NEUROSCIENTIST

by Elizabeth Kensinger

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## **WRINKLE, CRINKLE, MY CORTEX** (TO *TWINKLE, TWINKLE, LITTLE STAR*)

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Wrinkle, crinkle, my cortex,  
all those folds make thought complex  
Sulci fall, and gyri rise,  
space for cells that make us wise

Wrinkle, crinkle, my cortex,  
all those folds make thought complex.

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## **FIRE, MY NEURONS** (TO *ROCK-A-BYE BABY*)

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Fire, my neurons,  
all in a row  
One cell to another  
the message will grow

Chemicals spill  
into the synapse  
And help me to learn  
while I'm taking my naps.

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**THE BLOOD BRAIN BARRIER** (TO *ITSY BITSTY SPIDER*)

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The Blood Brain Barrier  
Keeps all the icky out.  
Hard-working cells  
Protect the brain's blood route.

When toxins knock  
The cells hold shut the door  
Oh, the Blood Brain Barrier  
Protects the brain once more.

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**IF YOU'RE HAPPY AND YOU KNOW IT** (NEUROSCIENCE RENDITION)

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If you're happy and you know it, Thank your neurons.  
If you're happy and you know it, Thank your neurons.  
If you're happy and you're smiling,  
thank your neurons for their firing.  
If you're happy and you know it, Thank your neurons.

If you're happy and you know it: Serotonin  
If you're happy and you know it: Serotonin  
Serotonin helps you feel  
that there's calm and wellness here.  
If you're happy and you know it: Serotonin

If you're happy and you know it: Dopamine  
If you're happy and you know it: Dopamine  
Dopamine will help you feel  
There's a lot of reward here  
If you're happy and you know it: Dopamine

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**A SKILL, A HABIT** (TO A TISKET, A TASKET)

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A skill, a habit  
All learned as if by magic  
Rehearsed at night, 'til morning light  
Improvement just by sleeping  
By sleeping, By sleeping  
improvement just by sleeping  
Implicit types, enhanced by night  
Sleep leads to their safe-keeping

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**KNEE JERK REFLEX** (TO YANKEE DOODLE DANDY)

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Knee Jerk Reflex makes me kick  
Oh, I cannot control it  
tap a mallet on my knee  
and watch my leg jump forward  
“Knee Jerk” is a common phrase  
for a quick reaction  
Now you know the phrase comes from  
A reflex arc's fast action