

# Reflexes: Automatic Responses

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## Understanding the Human Body: Nervous System

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what you learned about reflexes and how they protect our bodies.

1. What are reflexes?

- A. Deliberate actions we think about
- B. Automatic responses that protect us
- C. Slow movements we choose to make

2. Explain how reflexes are different from regular movements.

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3. Reflexes are slower than conscious thinking.

- True       False

4. God designed our bodies with reflexes to provide \_\_\_\_ protection.

5. Which of the following is an example of a reflex?

- A. Raising your hand
- B. Knee-jerk reaction
- C. Walking

6. Reflexes can help prevent potential injuries.

- True       False

7. Why do you think God made our bodies with reflexes?

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8. Reflexes bypass normal \_\_\_\_ processes.

9. What is one type of reflex you tested in class?

- A. Knee-jerk reflex
- B. Handshake reflex
- C. Eye blink reflex

10. What did Psalm 139:14 say about how we are made?

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### Answer Key

1. Automatic responses that protect us   2. Reflexes happen quickly and without thinking, while regular movements require thought and planning.   3. False   4. automatic   5. Knee-jerk reaction   6. True   7. God made reflexes to help us react quickly to danger and protect us from harm.   8. thought   9. Knee-jerk reflex   10. It says we are fearfully and wonderfully made, showing God's wonderful works.