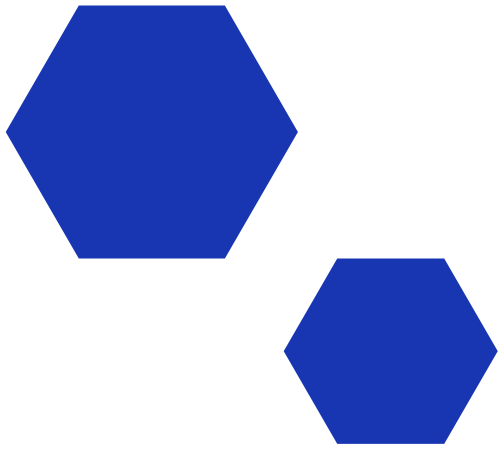


The image features a white background with decorative elements in the corners. In the top right, there is a blue hexagon partially overlapping a green hexagon. In the bottom left, there is a yellow hexagon partially overlapping a blue hexagon. The text is centered in the middle of the page.

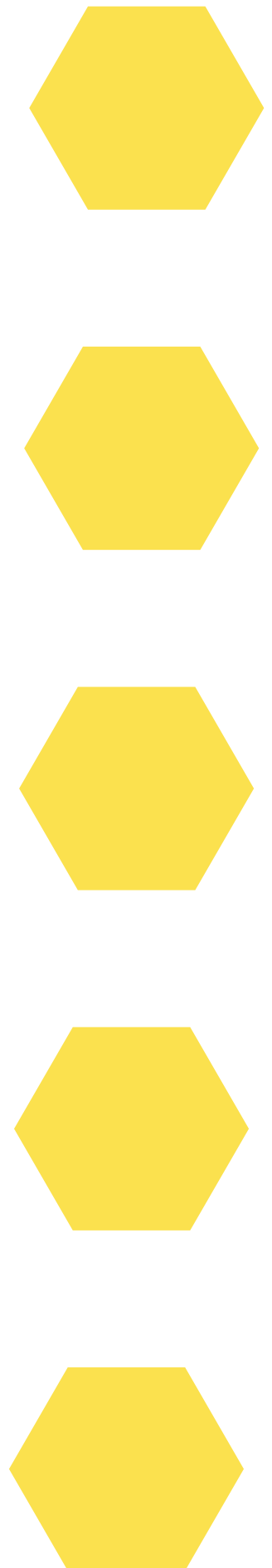
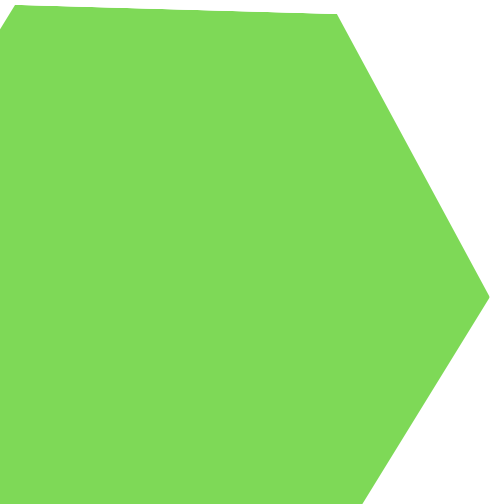
**Let's learn how pain works!**

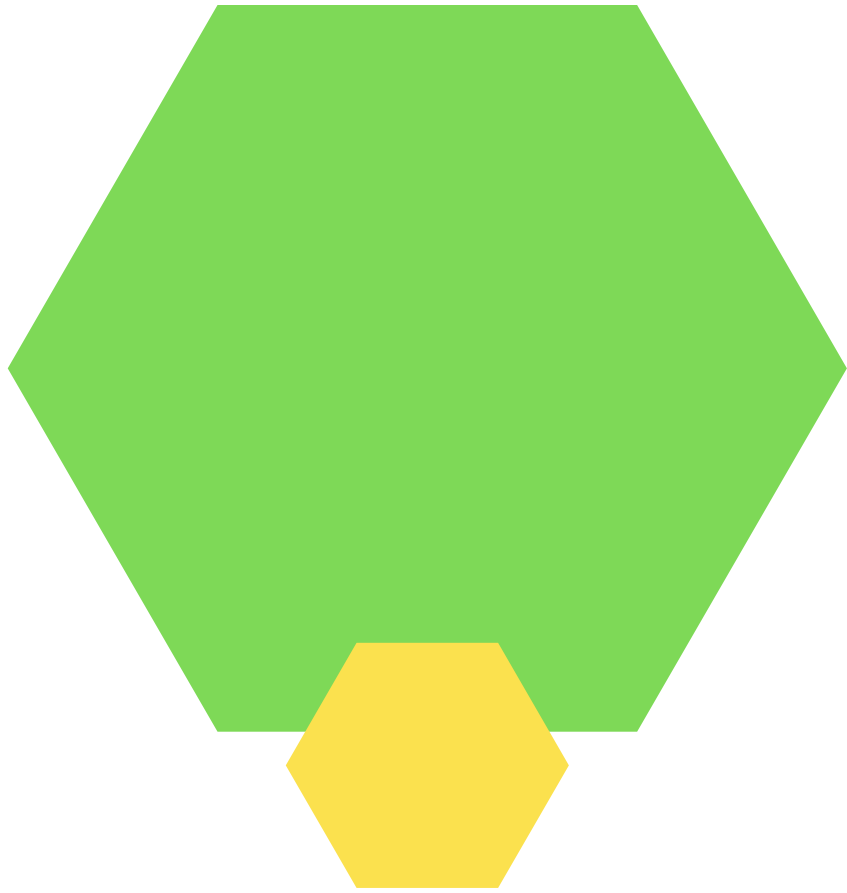
The image features a white background with decorative geometric shapes. In the top right corner, there is a blue hexagon partially overlapping a larger green hexagon. In the bottom left corner, there is a blue hexagon partially overlapping a larger yellow hexagon. The text is centered in the middle of the page.

**Tricking your brain can  
help you feel less pain**

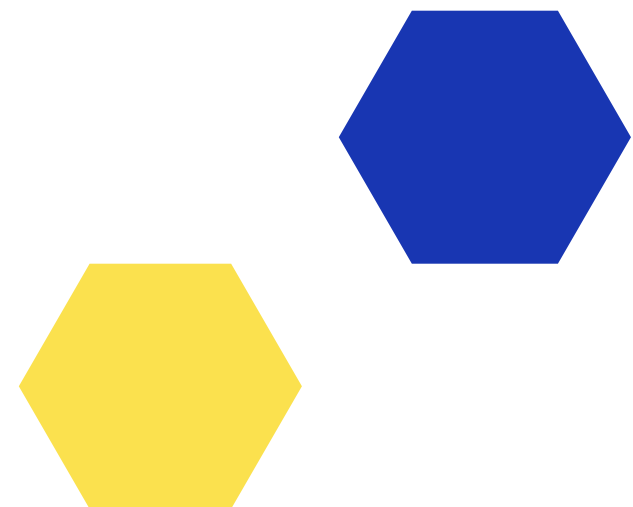
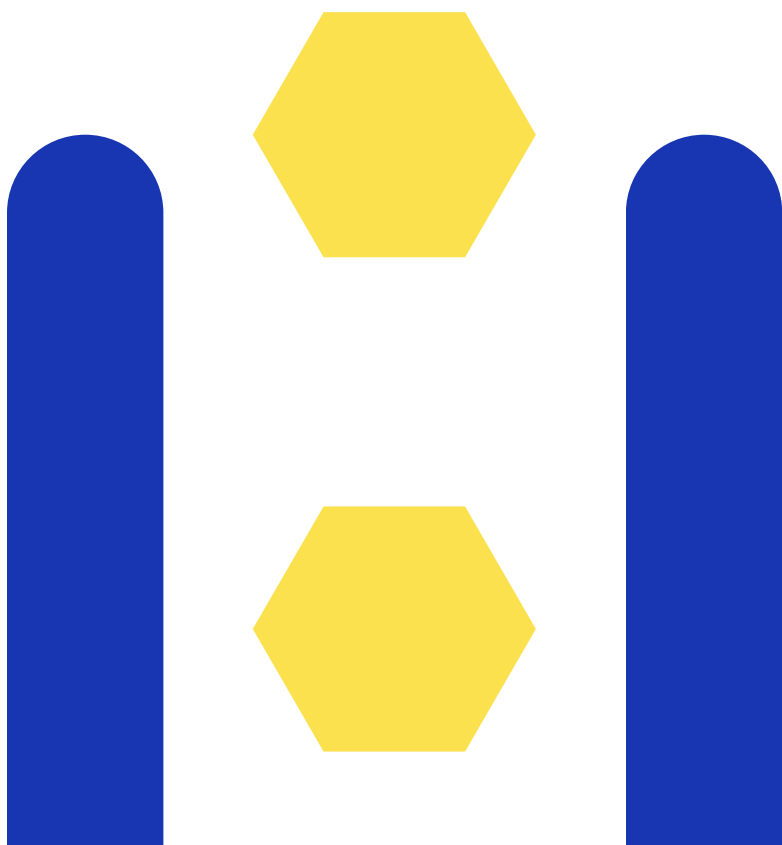


**Pain messages  
from different  
parts of the  
body travel up  
the back in the  
spinal cord...**

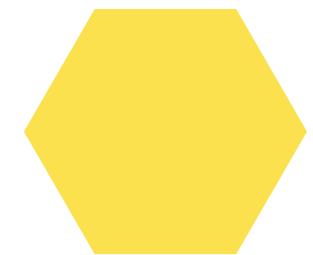
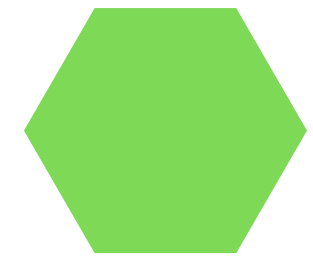
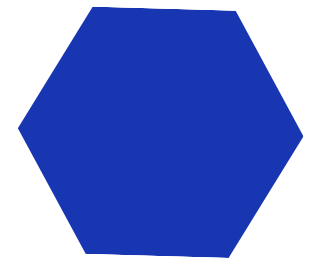
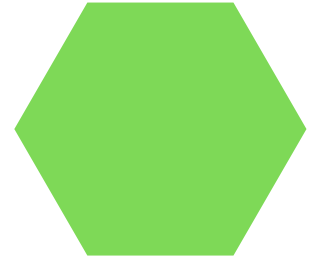




**When they  
reach the  
brain, that's  
when pain  
happens!**



**When other  
messages also  
go up the spine,  
it blocks out  
some of the pain**



# What kinds of messages help with pain?



## Seeing

Reading books  
Watching videos  
Looking at pictures

Playing music  
Having a conversation  
Singing a song



## Hearing

# What kinds of messages help with pain?

## Touching

Sitting in a lap  
Ice and cold  
Buzzing or squeezing

Drinking juice  
Smelling lotion  
Nursing (babies)

## Smell & Taste