








Your Brain Wants You to be Happy (🧠 An Emotional Health Story)
(1st – 6 -7 yrs.)
Power Your Brain Challenge Questions

-  1. When you feel _____, it is usually because you are doing something that is good for keeping your brain and your body healthy. Slide 2
 - A. tired
 - B. happy
 - C. sad

-  2. When you are doing behaviors you must do to be healthy, your _____ is working. Slide 5
 - A. happy place
 - B. television
 - C. friend

-  3. After your body gets what it needs, what happens to your “happy place”? Slide 9
 - A. Your brain shuts it off
 - B. It stays on
 - C. Your body tells it to go away

-  4. Being scared can be a good thing because it can keep you safe. Slide 12
 - A. Yes/True
 - B. No/False

-  5. _____ of anything can be bad for your body and your brain. Slide 17
 - A. Too much
 - B. Too little
 - C. Just the right amount