








**My Brain Keeps Me Alive (🧠 A Brain Facts Story)
(2nd – 7 - 8 yrs.)
Power Your Brain Challenge Questions**


-  1. You help your brain, and your brain helps you. This is an example of a _____ relationship. Slide 2
 - A. perfect
 - B. symbiotic
 - C. necessary


-  2. Which behavior does your body do automatically? Slide 3
 - A. Your heart pumping blood
 - B. Kicking a soccer ball
 - C. Reading a book

-  3. Your brain tells your heart to pump blood. Slide 6
 - A. True
 - B. False

-  4. Your brain knows how much and when you need to breathe. Slide 7
 - A. True
 - B. False

-  5. Most people can hold their breath for _____. Slide 8
 - A. between 5 and 10 minutes
 - B. between 30 seconds and 2-3 minutes
 - C. between 15-20 minutes

-  6. Breathing, pumping blood, and getting energy from food are things your body does _____. Slide 9
 - A. automatically
 - B. sometimes
 - C. when we tell it to

-  7. Eating, drinking, sleeping, and going to the bathroom are things that your body cannot do automatically. Slide 10
 - A. True
 - B. False



8. Eating when you are full can make you feel _____. Slide 15

- A. hungry
- B. sick
- C. scared



9. Your brain gets _____ from your body telling the brain what is needed. Slide 16

- A. texts
- B. signals
- C. calls



10. Your brain keeps you _____. Slide 17

- A. alive
- B. tired
- C. hungry