

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Being Afraid Can Help You – WHAT?!? (🧠 An Emotional Health Story) (2nd Grade – 7-8 yrs.)

Power Your Brain Challenge Questions



1. What kind of scientist knows a lot about the brain? Slide 1
- A. Geologist
 - B. Neuroscientist
 - C. Chemist



2. What can help keep you safe and alive? Slide 2
- A. Fear
 - B. Candy
 - C. Bicycles



3. WHAT DOES automatically mean? Slide 3
- A. Never having to do something
 - B. Doing something you want to do
 - C. Not having to think about doing something



4. What does ANS stand for? Slide 4
- A. Amazing nest service
 - B. Autonomic nervous system
 - C. Available next saturday



5. _____ help(s) our brain protect us. (Choose all that are true.) Slide 8
- A. Helmets
 - B. Our senses
 - C. Fear



6. Changing our _____ can help keep us safe. Slide 9
- A. clothes
 - B. behaviors
 - C. mind



7. Our fears can change over time. Slide 11
- A. True
 - B. False



8. What is a sign of fear? (Choose all that are true.) Slide 12

- A. Heart is pounding
- B. Breathing is fast
- C. Hands are sweaty



9. All people have the same fears. Slide 15

- A. True
- B. False



10. _____ others is a way to keep your brain and body safe. Slide 16

- A. Yelling at
- B. Talking to
- C. Looking at