







Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Exercise – Good for Your Body and Your Brain (🧠 A Physical Health Story) (2nd Grade – 7-8 yrs.) Power Your Brain Challenge Questions

-  1. Exercise is good for your _____ and your _____. slide 2
 - A. body
 - B. brain
 - C. nose
-  2. When you exercise you do not have to _____. slide 3
 - A. move
 - B. sweat
 - C. breath
-  3. Exercise is all about moving your _____. slide 3
 - A. tongue
 - B. body
 - C. fingers
-  4. _____ contract and relax to help us move. Slide 4
 - A. bones
 - B. muscles
 - C. feet
-  5. Exercise means _____ your body. Slide 11
 - A. cleaning
 - B. moving
 - C. coloring
-  6. _____ is an activity that where you do not move a lot, so you should do this activity in moderation.
Slide 12
 - A. Playing video games
 - B. Playing tag
 - C. Running



7. For your muscles to move your body, your _____ talks to your muscles. Slide 13

- A. mouth
- B. brain
- C. hand



8. Kicking a soccer ball in the goal is good for your brain health. Slide 16

- A. True
- B. False



9. Taking care of yourself by exercising will make your brain _____. slide 18

- A. tired
- B. bored
- C. happy



10. Exercise means you must sweat a lot and have muscles like the Incredible Hulk. Slide 19

- A. True
- B. False