


Making Neuroscience Fun


A Brain Awareness Program for All Ages





Brain Health: It's SPECTacular


Helping You Helps Me Too (🧠 A Social Health Story) (2nd Grade – 7-8 yrs.) Power Your Brain Challenge Questions


-  1. _____ other people makes you a happier and healthier person. Slide 2
 - A. Hurting
 - B. Helping
 - C. Ignoring


-  2. Everybody needs a little bit of help sometimes. Slide 3
 - A. True
 - B. False


-  3. Who can you ask if you need help with something at school? Slide 7
 - A. Your teacher
 - B. Your pet
 - C. The president

-  4. When someone helps you and when you help someone else, this makes you feel _____. Slide 8
 - A. Mad
 - B. Disgusted
 - C. Good


-  5. The ability to understand when someone needs help is called _____. Slide 9
 - A. Empathy
 - B. Selfishness
 - C. Altruism

-  6. Helping someone even if they do not ask for help is called _____. Slide 10
 - A. Empathy
 - B. Shelfishness
 - C. Altruism


-  7. Your _____ will be turned on when you share your time and talents with others. Slide 13
 - A. lights
 - B. happy place
 - C. tablet

 8. By helping others, you are also helping yourself because both of your heart and brain will be happy and healthy. Slide 15

- A. True
- B. False

 9. What do we call it when both people are happy with the outcome of a situation? Slide 16

- A. Win-win
- B. Empathy
- C. Altruism

 10. A world with people who have empathy and altruism is a good place to live. Slide 17

- A. True
- B. False