

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Move It or Lose It (🧠 A Physical Health Story) (4th Grade – 9-10 yrs.) Power Your Brain Challenge Questions



1. Every time that you move, you are using your _____. Slide 3
- A. car
 - B. muscles
 - C. feet



2. Even when you are not moving, you are using your muscles just by _____. Slide 4
- A. balancing
 - B. thinking about it
 - C. being still



3. When you do not use your muscles, they get smaller and weaker. Slide 6
- A. True
 - B. False




4. What controls your muscles? Slide 8
- A. Bones
 - B. Other muscles
 - C. Brain




5. What part of the brain controls your muscles? Slide 9
- A. frontal lobe
 - B. cerebellum
 - C. temporal lobe



6. Endorphins are chemicals released by the muscles that make us feel happy. Slide 11
- A. True
 - B. False

 7. _____ a big word that means your body is working right to balance what you eat and how much you move. Slide 13


- A. Diet
- B. Nutrition
- C. Metabolism

 8. This group needs to exercise in order to increase slow wave sleep to repair and clean up the brain. Slide 14

- A. Younger people
- B. Older people

 9. In order to get better at a movement, you must _____. Slide 15

- A. think about it a lot
- B. practice
- C. wish you were better

 10. "Habits" are stored in the _____. Slide 17

- A. frontal lobes
- B. cerebellum
- C. temporal lobes