








**I Can Handle It..I Got It (🌍 A Social Health Story)
(4th Grade – 9-10 yrs.)
Power Your Brain Challenge Questions**


-  1. Which group faces life and death challenges daily? Slide 3
 - A. Students
 - B. Animals
 - C. Teachers


-  2. What is NOT a sign of stress in most people? Slide 4
 - A. Heart beating faster
 - B. Sick to your stomach
 - C. Calm, steady breathing

-  3. You should always be able to figure out challenging situations by yourself. Slide 6
 - A. True
 - B. False

-  4. Everyone faces the same challenges and handles them in the same way. Slide 7
 - A. True
 - B. False

-  5. COPE means that we need to _____? Slide 8
 - A. Choose Our Personal Escape
 - B. Choose Only Positive Experiences
 - C. Check On People Everyday

-  6. When you take control of a situation you want to be able to say, "I can handle it...I got it." Slide 9
 - A. True
 - B. False

-  7. You can go for a walk, exercise, bake, clean something, talk to someone, or whatever you like to do that will help you to _____ in a difficult situation. Slide 10
 - A. get organized
 - B. calm down
 - C. make your friends happy



8. If you are feeling like you are in “over your head,” there are many ways to cope. Slide 11

- A. True
- B. False



9. Everyone is different, and we all have our own _____ and _____. Slide 12

- A. feelings and emotions
- B. strengths and weaknesses
- C. opinions and thoughts
- D. All of the above



10. Coming up with many ways to cope with different challenges will help you keep your brain _____ . Slide 13

- A. full
- B. smart
- C. healthy