

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

A Healthy Brain is SPECTacular (🧠 A Brain Health Story) (Kindergarten- 5-6 yrs.) Power Your Brain Challenge Questions



1. Feeling good about yourself makes your brain _____. slide 5
- A. Healthy
 - B. Tired
 - C. Bored



2. Which activity is good for the physical health of your brain? Slide 7
- A. Playing video games
 - B. Reading a book
 - C. Dancing



3. You can show others how you are feeling by the expression on your face. Slide 9
- A. Yes/True
 - B. No/False



4. Your brain is _____ when it is thinking about things. Slide 12
- A. Mad
 - B. Sad
 - C. Happy



5. What can you do with a healthy brain? Slide 13
- A. Nothing
 - B. Anything
 - C. 3 things