

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What Am I Feeling? (🧠 An Emotional Health Story) (Kindergarten – 5 - 6 yrs.) Power Your Brain Challenge Questions



1. How do we feel emotions? Slide 5
 - A. With our hands
 - B. With our brains
 - C. With our feet



2. Happy, sad, and angry are all emotions. Slide 8
 - A. Yes/True
 - B. No/False



3. You might smile a lot, you may like to sing, or hug someone when you are _____. Slide 9
 - A. Sad
 - B. Angry
 - C. Happy



4. _____ will make your brain happy. Slide 15
 - A. Yawning
 - B. Smiling
 - C. Coughing



5. It is important to try to understand why you are feeling a certain way. Slide 16
 - A. Yes/True
 - B. No/False