

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What Is Physical Health All About? (🧠 A Physical Health Story)
(PreK – 4-5 yrs.)
Power Your Brain Challenge Questions



1. Physical means something about the _____. Slide 2
- A. Body
 - B. House
 - C. School



2. Your arms, hands, legs, and feet are _____ your body. Slide 3
- A. Outside
 - B. Inside
 - C. Behind



3. What do you need to make your body move around? Slide 5
- A. A bicycle
 - B. A car
 - C. Muscles



4. What do you need to do when you are hungry? Slide 12
- A. Eat
 - B. Sleep
 - C. Run around



5. How do you know your brain is working when you are sleeping? Slide 13
- A. It tells you.
 - B. You are dreaming.
 - C. You are awake and can tell.



6. All animals need to move, eat, and sleep to stay alive and be healthy. Slide 15
- A. Yes/True
 - B. No/False