








Your Sleeping Brain Is Hard at Work (🧠 A Physical Health Story)
(1st Grade – 6-7 yrs.)
Power Your Brain Challenge Questions

-  1. Your body and _____ work together to get everything done each day. Slide 3
 - A. mom
 - B. brain
 - C. teacher

-  2. Your brain is still working when you are sleeping. Slide 5
 - A. Yes/True
 - B. No/False

-  3. To store things for a long time, your body needs to go to _____. Slide 8
 - A. sleep
 - B. school
 - C. the store

-  4. Who needs the most hours of sleep? Slides 14
 - A. Babies
 - B. Teenagers
 - C. Adults

-  5. When you sleep, your brain is fixing, storing, and _____ to get ready for the next day. Slide 18
 - A. cleaning up
 - B. laughing
 - C. reading