



A SPECTacular Way To Think Outside the Box (🧠 A Brain Health Story)
(3rd Grade – 8-9 yrs.)
Power Your Brain Challenge Questions



1. Why should you want to learn? Slide 3
- A. Because your teacher says you should.
 - B. To help you figure out what you want to do with your life.
 - C. To make your parents happy.



2. Everyone has talents. Slide 4
- A. True
 - B. False



3. Thinking outside the box means _____. Slide 5
- A. that thinking is only something others do
 - B. that you do not like to be in a box when you do your work
 - C. you are willing to come up with new ways to think about things



4. What should you do if you are not sure why you are learning something? Slide 7
- A. Ask someone and find out.
 - B. Be quiet and hope you hope someone else will ask.
 - C. Do not worry about it.



5. What is one of the most important things you can do to help your brain? Slide 9
- A. stay up late
 - B. sleep
 - C. listen to loud music



6. Learning to manage your time is an example of prioritizing. Slide 10
- A. True
 - B. False



7. Which is NOT true about sleep? Slides 11-12
- A. Sleep helps your body and your brain get ready for all the things that you need to do the next day.
 - B. When you get enough sleep you have better control of your emotions.
 - C. You do not really need that much sleep to keep your body and brain healthy.



8. Prioritizing sleep is important and will help you avoid many bad situations. Slide 13

- A. True
- B. False



9. How can sleep affect your physical health? Slide 14

- A. You will want to ride your bike instead of sleep.
- B. If you do not get enough sleep, you will be tired and not want to move your body and get exercise.
- C. Lack of sleep will make you a better athlete.



10. Thinking outside the box _____. Slide 16

- A. will make you tired
- B. can help you have a SPECTacular brain
- C. requires too much time and effort