





Why Can't I Remember? (🧠 A Cognitive Health Story)
(3rd Grade – 8-9 yrs.)
Power Your Brain Challenge Questions


 1. Going to school is only about finding out how smart you are or seeing how smart other children are.

Slide 2


- A. True
- B. False

 2. What is the same about all our brains? Slide 3

- A. They are all the same size.
- B. The job of the brain is to keep us alive and living in a world that is always changing.
- C. They allow us to do things the same way.

 3. Why is it important to figure out how your brain learns? Slide 4


- A. So you can get good grades on your report card.
- B. So your parents will be proud of you.
- C. So you can earn and remember things so that you can stay alive.

 4. For you to learn something, you must _____. Slide 5

- A. be able to remember it
- B. like what you are learning
- C. be really smart

 5. Learning is about _____. Slide 7

- A. memorizing
- B. studying
- C. thinking

 6. It is also possible that even in 3rd grade you are preparing your brain for things you will need to learn when you are in college or working at your job. Slide 10

- A. True
- B. False

 7. When you memorize information, you _____. Slide 12

- A. always get the right answers
- B. are not really learning it
- C. are helping make your brain healthy



8. Why is sleeping so important when remembering and learning? Slide 14
- A. So the information can be stored in your brain for later when you need it again.
 - B. So you are rested to play video games.
 - C. So you will not get in trouble for staying up late.



9. Homework, tests, and projects are your way of communicating what you have learned and showing that you understand the materials you have been working on. Slide 15
- A. True
 - B. False



10. Because our brains develop at different times, something that is hard for you to learn today,
_____. Slide 16
- A. will probably be hard again tomorrow
 - B. may be easier for you to learn tomorrow
 - C. will never make any sense