








# Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

## I Want it Now!!! (🧠 An Emotional Health Story) (3<sup>rd</sup> Grade – 8-9 yrs.) Power Your Brain Challenge Questions

-  1. Unreasonable behaviors that people exhibit when they want something, and they cannot have it are called \_\_\_\_\_. Slide 3
  - A. triggers
  - B. temper tantrums
  - C. timeouts
  
-  2. Why do babies and toddlers have temper tantrums all the time? Slide 4
  - A. They are not able to tell anyone what they want or need.
  - B. They like to cry a lot.
  - C. They just want to annoy everyone around them.
  
-  3. Elementary, middle school, high school, college students and even adults can have temper tantrums. Slide 6
  - A. True
  - B. False
  
-  4. What part of the brain controls behaviors which can be considered impulsive? Slide 7
  - A. The frontal lobes
  - B. The back part
  - C. The cerebellum
  
-  5. What does “acting impulsively” mean? Slide 8
  - A. Doing something after thinking about it for a long time.
  - B. Doing things without thinking about them at all.
  - C. Doing things only after you have permission.
  
-  6. What is NOT a good strategy for stopping impulsive behaviors? Slide 10
  - A. Take a deep breath and count to 10.
  - B. Stop and think about the consequences.
  - C. Do the behavior and make up an excuse later.
  
-  7. Emotions will be exaggerated when you are \_\_\_\_\_. Slide 12
  - A. tired and hungry
  - B. sleeping
  - C. reading



8. Thinking about the consequences for your actions before you even do them can help you to stop impulsive behaviors. Slide 13

- A. True
- B. False



9. Why might someone you trust tell you that you cannot do or have something? Slide 14

- A. They are stopping you from doing something that they know is not good for you.
- B. They are being mean.
- C. They just do not want you to be happy.



10. Why is it important to learn good strategies that you can use throughout your life to identify what emotions trigger impulsive behavior? Slide 15

- A. You will stay out of trouble and your brain will be healthy.
- B. You will get a good grade on the test.
- C. You will make the team you tried out for.