

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

It's A SPECTacular Jungle Out There (🌍 A Brain Health Story) (4th Grade – 9-10 yrs.) Power Your Brain Challenge Questions



1. You need your brain to do the behaviors you need to do to keep your brain and your body alive. This is what is known as a _____. Slide 3
- A. good partnership
 - B. reciprocal relationship
 - C. happy friendship



2. Which jungle animal has a complex social structure? Slide 6
- A. Gorilla
 - B. Elephant
 - C. Tiger



3. Before you can be part of a social structure – part of a group with your friends – you first need to have a good sense of who you are or a sense of self. Slide 7
- A. True
 - B. False



4. What can you do if you are facing challenges with your social life? Slide 8
- A. Just stay in your room for a while until you feel better.
 - B. Talk to someone in your support system.
 - C. Nothing—being by yourself is better than being with others.



5. Which is NOT a component of physical health? Slide 10
- A. moving your body
 - B. eating right
 - C. playing video games for an hour each day



6. What does it mean to "channel" your emotions? Slide 14
- A. ignore them and hope they go away
 - B. turn them on and off like with a channel on a television
 - C. express them in an appropriate way



7. Chimpanzees learn by example or by watching others. Slide 15
- A. True
 - B. False



8. What is a good strategy to remember when learning something new? Slide 16
- A. Try to understand what and why you are learning something.
 - B. Memorizing the material is the best way to learn.
 - C. If learning is fun, it is not really learning.



9. The ability to read and write is something that separates humans from all other animals. Slide 17
- A. True
 - B. False



10. Paying attention to your SPEC health will ensure that you have _____? Slide 18
- A. time to do the things you want to do
 - B. a healthy brain
 - C. a good report card