



**Importance of SPECTacular Brain Health in Adolescence (🧠 A Brain Health Story)  
(5<sup>th</sup> Grade – 10-11 yrs.)**

**Would You Rather: Making Thoughtful Decisions  
Individual and Whole Group Activity**



**STORY CONNECTION – SLIDE 20 (Approx time: 25-30 mins)**

One of the ways to cope with hormonal changes in your cognitive behaviors is to **understand** that the way you think may be changing. Remember your perspective – or how you see the world changes - and your decision-making skills are both changing. This means you need to stop and take time to think before you decide on something. Remember that the way you are thinking may be changed due to your hormones. So, your first thought or decision may not be the right one. You need to stop and think about what the outcome of your decision will be. You will need to think of the pros and cons of your decisions. While this may seem like a lot to do just to make a decision (stop, think, and consider pros and cons), it will help your brain to get used to the process of making good decisions.

**Materials needed:**

- Would You Rather student sheet included below (optional)
- Would You Rather facilitator sheet included below
- Paper
- Pencils
- Chart paper or whiteboard
- Markers
- Tape

**Preparation needed:**

- Print out (front/back) and copy the Would You Rather student sheet if using it for the activity. Plain paper can also be used.
- Print out the Would You Rather facilitator sheet and decide which scenarios to use with the student(s) or create your own scenarios.
- Hang up chart paper prior to starting the activity to list choices as you go.

**Instructions:**

1. This activity will focus on the cognitive aspect of brain health. In this activity, student(s) will be presented with two choices. They will consider the pros and cons before making a final decision.

2. Begin the activity by reviewing from the story that as the student(s) grow older their perspective and decision-making skills change and will continue to change. Again, they must remember not to be led by their hormones or their friends (which is hard sometimes) and think through their decisions.
3. First, pass out the Would You Rather student sheet and explain it to the student(s). Go over the following procedure with them:
  - a. The facilitator will read the two Would You Rather choices aloud and record them on the chart or whiteboard.
  - b. The student(s) will write down both choices on their student sheet and try to think of pros and cons of each choice.
  - c. After that, student(s) will decide which one they want to choose and write at least one reason they made that decision.
  - d. Have the student(s) who chose choice 1 move to one area of the room and have the student(s) who chose choice 2 move to a different area of the room.
  - e. Have a couple of student(s) from each group explain why they made this choice.
  - f. Discuss if this was a difficult decision to make. Why or why not?
  - g. Student(s) return to their seats and the process begins again.
4. Next, explain to the student(s) what while these choices were fun and not life-changing, they provided practice using the same system/procedure they can use for making more difficult and serious decisions that are going to come up now in years to come.
5. In closing, review that one of the ways to cope with hormonal changes in their cognitive behaviors is to **understand** that the way they think may be changing. Both their perspective and their decision-making skills are changing. This means they need to stop and think before they decide on something. Due to hormones, their first thought or decision may not be the right one. They need to stop and think about what the outcome of their decision will be. They will need to stop, think, and consider the pros and cons of their decision. This will help thier brain to get used to the process of making good decisions and this will make the brain happy, healthy, and SPEctacular!

# Would You Rather Student Sheet

Name: _____		
Choice 1: _____ Pros:  Cons:	Choice 2: _____ Pros:  Cons:	Final Decision:  Why?
Choice 1: _____ Pros:  Cons:	Choice 2: _____ Pros:  Cons:	Final Decision:  Why?
Choice 1: _____ Pros:  Cons:	Choice 2: _____ Pros:  Cons:	Final Decision:  Why?
Choice 1: _____ Pros:  Cons:	Choice 2: _____ Pros:  Cons:	Final Decision:  Why?

<p>Choice 1:</p> <hr/> <p>Pros:</p> <p>Cons:</p>	<p>Choice 2:</p> <hr/> <p>Pros:</p> <p>Cons:</p>	<p>Final Decision:</p> <p>Why?</p>
<p>Choice 1:</p> <hr/> <p>Pros:</p> <p>Cons:</p>	<p>Choice 2:</p> <hr/> <p>Pros:</p> <p>Cons:</p>	<p>Final Decision:</p> <p>Why?</p>

# Would You Rather facilitator sheet

Would you rather be an ant or an elephant?

Would you rather be tall or brilliant?

Would you rather be a doctor or a teacher?

Would you rather be a fox or a tortoise?

Would you rather be rich or smart?

Would you rather be hungry or sleepy?

Would you rather be able to fly or be invisible?

Would you rather be fast or strong?

Would you rather be the best player on the worst team or the worst player on the best team?

Would you rather only be able to whisper or always talk in an incredibly loud voice?

Would you rather meet a famous athlete or a president?

Would you rather sweat honey or always smell like a skunk?

Would you rather be able to live 100 years in the past or 100 years in the future?

Would You Rather Idea Credit: <https://www.thebestideasforkids.com/would-you-rather-questions-for-kids/>