










Importance of SPECTacular Brain Health in Adolescence (🌍 A Brain Health Story)  
(5<sup>th</sup> Grade – 10-11 yrs.)  
Power Your Brain Challenge Questions

-  1. Which of the following makes it easier for you to handle all the changes in your world, both inside and outside your body? Slide 2
- A. Hormones
  - B. A healthy brain
  - C. Having more responsibility
-  2. What part of the brain receives chemical signals from the body and causes it to release special chemicals into the blood called hormones? Slide 5
- A. Prefrontal cortex
  - B. Cerebellum
  - C. Hypothalamus
-  3. Making good decisions is always easy. Slide 5
- A. True
  - B. False
-  4. Why are your hormones changing your brain? Slide 7
- A. They have nothing better to do.
  - B. They must do this every five years.
  - C. They are changing your brain and behaviors to get you ready to be an adult.
-  5. How long will you be considered an “adolescent “? Slide 7
- A. Until sometime in your 20’s
  - B. Until you turn 18
  - C. Until you go to high school
-  6. The timing of when hormones are going to be released from our brain to cause changes in our bodies is different for everyone. Slide 8
- A. True
  - B. False
-  7. Which is true about **social** changes in the brain during adolescence? Slide 9
- A. Your friends are especially important to you.
  - B. Having good self-esteem is important.
  - C. Both A and B.



8. What are **physical** changes you might experience during this time in your life? Slides 13-14
- A. Growth spurts, constantly hungry, and always tired
  - B. You may worry more about your friends and “likes” on social media.
  - C. You must consider pros and cons when making decisions.



9. While it is easy to just blame your hormones for your **emotional** outbursts, that will not help you or your **emotional** health. Slide 17
- A. True
  - B. False



10. What will help you make good decisions and is good for your **cognitive** brain health? Slide 20
- A. Only depending on your friend for advice.
  - B. Being able to stop, think, and consider the pros and cons of the decision.
  - C. Making decisions quickly so you do not change your mind.