

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Making Decisions (🧠 A Cognitive Health Story) (5th Grade – 10-11 yrs.) Power Your Brain Challenge Questions

-  1. For you to do all the behaviors you need to do all the time, every single day, your brain must think and make decisions. These are known as _____. Slide 2
 - A. good choices
 - B. cognitive behaviors
 - C. problem solving

-  2. What makes a decision a good decision? Slide 3
 - A. A good decision makes your body or brain stay safe.
 - B. A good decision helps someone else.
 - C. Both A and B

-  3. Making good decisions is always easy. Slide 5
 - A. True
 - B. False

-  4. Why is it so hard for your brain to make good decisions? Slide 6
 - A. There are too many choices.
 - B. Your body and brain are still growing.
 - C. You are tired all the time and cannot think clearly.

-  5. What is the decision-making part of the brain called? Slide 7
 - A. Cerebellum
 - B. Cerebrum
 - C. Prefrontal Cortex

-  6. Risky behaviors are behaviors that you do that have the potential to have something bad or negative happen. Slide 8
 - A. True
 - B. False

-  7. Who is responsible for taking care of YOU? Slide 13
 - A. Your friends
 - B. Your teachers
 - C. Yourself



8. When trying to make a good choice, what is the first thing you should do? Slide 14

- A. Talk to your friends.
- B. Ask your followers on social media.
- C. Stop and think.



9. Things like phones, computers, tablets, and social media can make decision making more complicated.
Slide 15

- A. True
- B. False



10. Why can it be risky to communicate with others online? Slide 15

- A. You cannot be sure who you are really “talking” to.
- B. Your device might not stay charged for the whole conversation.
- C. There really is no risk when communicating with others online.