

Name: _____

The Brain Cup Quiz

1. What does your brain help you do?

Circle one answer.

- A) Think and learn
- B) Move your body
- C) Feel emotions
- D) All of these

2. True or False: Your brain keeps working while you are asleep.

Circle one: True / False

3. Which habit is best for brain health?

Circle one answer.

- A) Staying up very late every night
- B) Drinking water
- C) Never moving your body
- D) Skipping breakfast every day

4. During a big football match, players need to make quick choices. Which part of them helps make those choices?

- A. Brain B. Elbow C. Shoe D. Shin pad



5. Match each brain job to the football action.

Draw a line to match them.

Brain Job

1. Balance
2. Memory
3. Reaction speed
4. Decision-making

Football Action

- A) Remembering where your teammates are
- B) Choosing whether to pass or shoot
- C) Staying steady while running
- D) Moving quickly when the ball comes near

6. Circle the things that help your brain.

- Getting enough sleep • Eating only sweets • Drinking water
- Moving your body • Wearing safety gear • Ignoring a head injury

7. True or False: If a football player bangs their head and feels dizzy, they should keep playing.

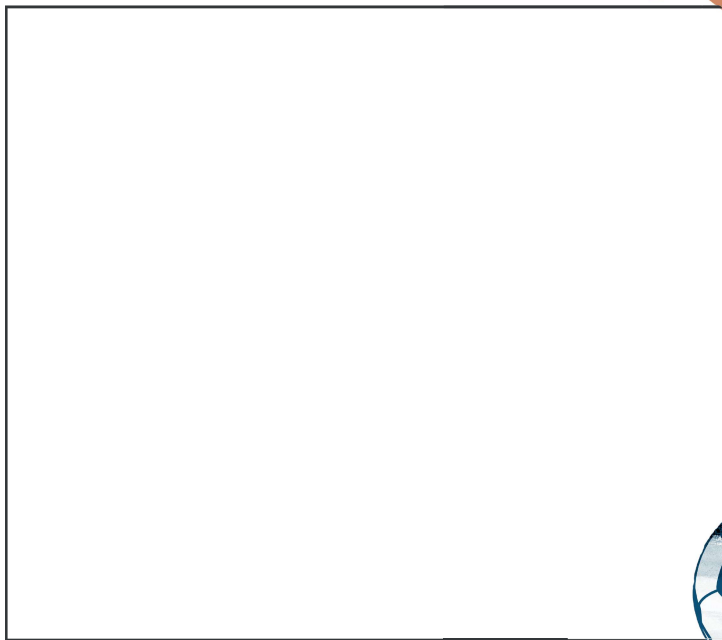
Circle one: True / False

8. Create a Brain Cup team badge.

Your badge should include:

- A brain
- A football
- One brain-health word, such as **sleep, water, move, learn, or protect**

Draw your badge here:



ANSWERS

1. D) All of these
2. True.
3. B) Drinking water

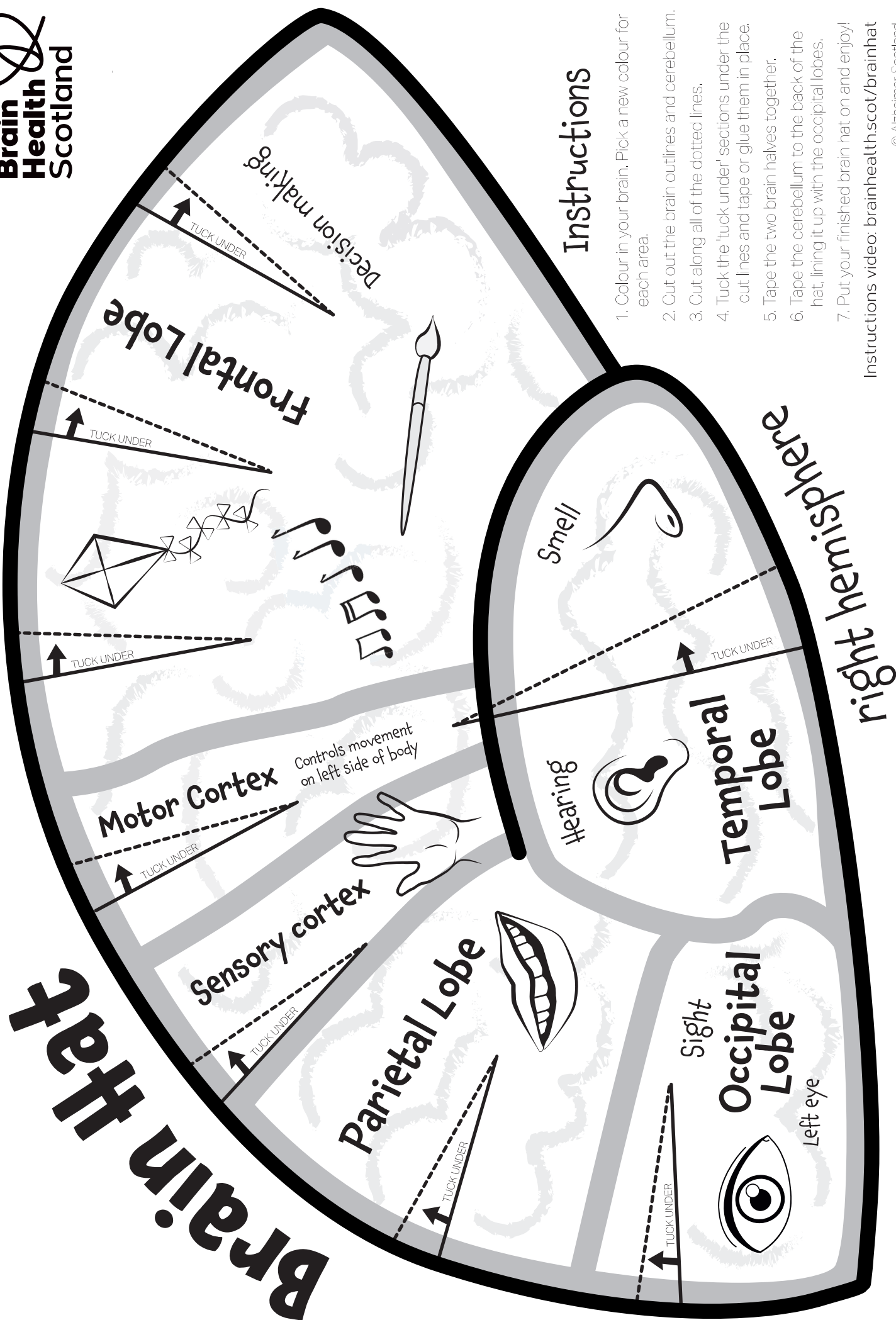
4. A) Brain
5. 1-C, 2-A, 3-D, 4-B

6. Getting enough sleep, drinking water, wearing safety gear, moving your body.

7. False. If you bang your head stop playing, tell an adult, and get checked.

Name:





Instructions

1. Colour in your brain. Pick a new colour for each area.
2. Cut out the brain outlines and cerebellum.
3. Cut along all of the dotted lines.
4. Tuck the 'tuck under' sections under the cut lines and tape or glue them in place.
5. Tape the two brain halves together.
6. Tape the cerebellum to the back of the hat, lining it up with the occipital lobes.
7. Put your finished brain hat on and enjoy!

Instructions video: brainhealth.scot/brainhat

