

THE TEEN BRAIN



***The Teen Brain* Discussion Questions** **Ages 13-15**

You've just seen *The Teen Brain*. Here are questions to get you thinking and talking.

1. How would you describe how it feels to be a teenager?
2. What are three things you like to do that help calm you when you're feeling stressed or anxious? Remember these – they're part of your toolbox to feel better.
3. What's something you learned about the teen brain that you didn't know before?
4. What's the best part about being a teen?
5. What's the hardest part about being a teen?
6. What advice would you tell your younger self (at 10 to 12)? Is there anyone in your life that age that you could share that with?