

THE TEEN BRAIN



***The Teen Brain* Discussion Questions Ages 10-12**

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

1. 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.
2. What's something you learned about the teen brain that you didn't know before?
3. What part of the teenage years are you most excited about?
4. What are you most nervous about?
5. How have you changed in the last two years? What do you look forward to about being a teenager?