

Physical and mental wellbeing: true or false?

Decide if each of these statements is true or false
and write your answer in the table below.

	True or false?
1. Getting enough sleep helps the body to repair.	
2. Having no sleep can help a person feel 'energised' – and gives them more energy to do the things they enjoy.	
3. Exercise sends lots of blood to the brain. This can make a person feel more awake and help their concentration – both of which can make them feel good.	
4. While a person sleeps, information is moved from their short-term memory to their long-term memory.	
5. Doing enjoyable physical activity can make people feel good.	
6. Having a bath or a warm shower can help lower the heart rate and blood pressure, making a person feel more relaxed, which can also help with sleep.	
7. Most people report feeling sadder and having lower mood after they exercise.	
8. The recommended amount of sleep for young people is 5-6 hours a night.	
9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.	
10. When people sleep their body regulates hormones which can improve their mood.	
11. Nuts, seeds and oily fish contain vitamins and minerals in them that are good for the brain.	
12. When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people sad and lower their mood.	

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Answers

	True or false?
1. Getting enough sleep helps the body to repair.	True
2. Having no sleep can help a person feel 'energised' – and gives them more energy to do the things they enjoy.	False: Having the right amount of sleep can help people feel 'energised' – and gives them more energy to do the things they enjoy.
3. Exercise sends lots of blood to the brain. This can make a person feel more awake and help their concentration – both of which can make them feel good.	True
4. While a person sleeps, information is moved from their short-term memory to their long-term memory.	True
5. Doing enjoyable physical activity can make people feel good.	True
6. Having a bath or a warm shower can help with sleep as well as lower the heart rate and blood pressure, making a person feel less stressed and more relaxed.	True
7. Most people report feeling sadder and having lower mood after they exercise.	False: Most people report feeling happier and having a better mood after they exercise.
8. The recommended amount of sleep for young people is 5-6 hours a night.	False: The recommended amount of sleep for young people is 8-10 hours.
9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.	True
10. When people sleep their body regulates hormones which can improve their mood.	True
11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.	True
12. When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people sad and lower their mood.	False: When people exercise, their body releases hormones called endorphins. Endorphins are chemicals in the brain that make people feel good and improve their mood.