

# 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 give a person more energy to do the things they enjoy.   |                |
| 3. Exercise sends lots of blood to the brain making a person feel more awake. This can also help with concentration.                              |                |
| 4. Sleeping can help people remember things better.   |                |
| 5. Doing enjoyable physical activity can make people feel good.   |                |
| 6. Having a bath or warm shower can make a person feel more relaxed which can help with sleep.  |                |
| 7. Most people feel sadder after they exercise.   |                |
| 8. Young people should get 2-3 hours of sleep 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. Sleeping gives the human body a chance to re-balance hormones which can make a person wake up feeling good.                                   |                |
| 11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.  |                |
| 12. Exercise releases hormones called endorphins which can make people very unhappy.  |                |

## Glossary

|                      |  |
|----------------------|--|
| <b>Concentration</b> | When a person can think or focus on one thing for a long time. |
| <b>Mood</b>          | A word to describe how a person feels.                         |
| <b>Repair</b>        | Another word for mend or fix.                                  |
| <b>Hormones</b>      | Chemicals found in the human body.                             |

# Physical and mental wellbeing: true or false?

## Answers

|   | True or false?  |
|---|---|
| 1. Getting enough sleep helps the body to repair.   | <b>True</b>   |
| 2. Having no sleep can give a person more energy to do the things they enjoy.   | <b>False:</b> Having the right amount of sleep can give a person more energy to do the things they enjoy. |
| 3. Exercise sends lots of blood to the brain making a person feel more awake. This can also help with concentration.                              | <b>True</b>   |
| 4. Sleeping can help people remember things better.   | <b>True</b>   |
| 5. Doing enjoyable physical activity can make people feel good.   | <b>True</b>   |
| 6. Having a bath or warm shower can make a person feel more relaxed which can help with sleep.  | <b>True</b>   |
| 7. Most people feel sadder after they exercise.   | <b>False:</b> Most people report feeling happier after they exercise.                                     |
| 8. Young people should get 2-3 hours of sleep a night.  | <b>False:</b> Young people should get 8-10 hours of sleep 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. | <b>True</b>   |
| 10. Sleeping gives the human body a chance to re-balance hormones which can make a person wake up feeling good.                                   | <b>True</b>   |
| 11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.  | <b>True</b>   |
| 12. Exercise releases hormones called endorphins which can make people very unhappy.  | <b>False:</b> Exercise releases hormones called endorphins which can make people feel good.               |