

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

Concentration	When a person can think or focus on one thing for a long time.
Mood	A word to describe how a person feels.
Repair	Another word for mend or fix.
Hormones	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.	True
2. Having no sleep can give a person more energy to do the things they enjoy.	False: 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.	True
4. Sleeping can help people remember things better.	True
5. Doing enjoyable physical activity can make people feel good.	True
6. Having a bath or warm shower can make a person feel more relaxed which can help with sleep.	True
7. Most people feel sadder after they exercise.	False: Most people report feeling happier after they exercise.
8. Young people should get 2-3 hours of sleep a night.	False: 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.	True
10. Sleeping gives the human body a chance to re-balance hormones which can make a person wake up feeling good.	True
11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.	True
12. Exercise releases hormones called endorphins which can make people very unhappy.	False: Exercise releases hormones called endorphins which can make people feel good.